

## Smoking Causes Cancer

Cigarette smoking is the leading preventable cause of death in the Montana and the United States. People who smoke a pack of cigarettes a day are 10 times more likely to develop lung cancer than non-smokers.

Approximately 85% of lung cancer is attributable to smoking.

Lung cancer is the leading cause of cancer death among both men and women in Montana. In 2007, lung cancer accounted for more deaths (562) than breast (116), prostate (115), and colorectal (159) cancers combined.

Smoking doesn't just cause lung cancer. It is also a risk factor for throat, mouth, stomach, pancreas, liver, kidney, bladder, colorectal, and cervical cancers.

Lung cancer accounted for more than one quarter of all cancer death in Montana.

One third of all cancer deaths in Montana in 2007 were attributable to smoking.

## Tobacco Facts

Smoking cigarettes is the single greatest risk factor for human cancers.

About 3,000 distinct chemicals occur naturally in tobacco leaves and 1,000 more are introduced into tobacco products through agricultural practices and post-harvest processing.

55 chemicals in cigarette smoke are human carcinogens (cancer-causing); cigarettes are the major source of exposure to these chemicals for most people.

## Montana's Clean Indoor Air Act

The Clean Indoor Air Act (CIAA) is a Montana state law that requires all enclosed public places and workplaces in Montana to be smoke-free by October 1, 2009.

Second-hand smoke causes lung cancer and other diseases. The CIAA protects each individual's right to breathe clean air, and it protects public health.

Second-hand smoke contains the same carcinogens as inhaled smoke. Working an eight-hour shift in a smoky bar can be the equivalent of smoking one to two packs of cigarettes a day. Non-smokers who work in smoking environments or who live with smoking spouses have a 25% increased risk of lung cancer, compared to individuals not exposed to second-hand smoke.

## Help Quitting Smoking

The most important thing you can do to prevent lung and other cancers is not to start smoking or quit if you do smoke.

The risk of lung cancer for a former smoker is reduced by half, 10 years after quitting.

If you use tobacco and want to quit, the Montana Tobacco Quit Line can help. The Montana Tobacco Use Prevention Program offers:

- Assistance for tobacco users
- FREE tobacco cessation coaching sessions
- FREE nicotine replacement therapy (gum, patches, lozenges)
- Reduced-cost Chantix

Call toll-free 1-800-QUIT-NOW (1-800-784-8669)

Information Sources:

National Cancer Institute  
Centers for Disease Control & Prevention  
MT DPHHS Quarterly Surveillance Reports  
MT DPHHS Tobacco Use Prevention Program

