

# You can be smokefree

Remember,  
it's never too  
late to stop  
smoking.

## **You don't need us to tell you that smoking causes cancer. But you may need help with how to stop.**

Thousands of people stop smoking every year, and it's never too late for you to stop too! By picking up this leaflet, you've made the first step.

These five steps to being smokefree will help you cut your risk of cancer. Stopping smoking isn't always easy, but keep trying, it's the best thing you can do for your health.

### **01. Find your motivation to stop**

#### **You'll feel better and could gain up to 10 years of life**

The sooner you stop, the lower your risk of cancer. It's never too late to stop and feel the benefits – even if you've smoked for years.

#### **You'll protect your friends and family**

There is no safe level of second-hand smoke. Passive smoking is particularly dangerous for children, and breathing in smoke when pregnant can put the baby's health at risk.

#### **You'll save money**

Stopping could put thousands of pounds back in your budget each year.

### **02. Know the facts**

#### **Smoking causes at least 15 types of cancer. There's no safe way to use tobacco**

All forms of tobacco are harmful to your health and increase the risk of cancer. This includes cigarettes, pipes, bidis, cigars, shisha, and smokeless tobacco that's chewed, sucked or sniffed.

#### **The longer you smoke, the higher your risk**

Your risk of cancer goes up the longer you smoke so it's important to aim to stop smoking completely.

### **03. Make the most of free support**

We know that stopping smoking can be hard. But, when you're ready, there's plenty of help out there. Give yourself the best chance of stopping for good by getting support from your free local stop smoking services, or your doctor or pharmacist.

The best thing you can do for your health is to stop smoking completely.

There are people who want to help you. You're more likely to succeed with specialist support.

### **04. Find the best stop smoking tool for you**

#### **Nicotine Replacement Therapy (NRT) – sprays, patches and gum**

NRT gives you nicotine to satisfy cravings, without the harmful chemicals in tobacco.

It's available on prescription from your GP or stop smoking service. You can also buy it at a pharmacy. Ask a health professional for advice, particularly on how much to use.

### **E-cigarettes**

E-cigarettes are helping people to stop smoking. They give nicotine to satisfy cravings but there's no tobacco in them. Research shows they're much less harmful than cigarettes but we don't yet know their long-term effects, so people who have never smoked shouldn't use them.

### **Prescription medicine**

There are medicines that can reduce cravings and withdrawal symptoms. Ask your doctor or stop smoking service about the availability of any stop smoking medicines.

## **05. Feel the benefits**

Stopping smoking could help you feel better in your daily life quicker than you think. Many people find they breathe more easily and have more energy. It can make you feel less stressed, too! It might not be easy, but with the right support, you can be smokefree.

### **Get support today**

Talk to your doctor, a nurse or pharmacist. Speak to someone where you are:

#### **England:**

**0300 123 1044,**  
**[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

#### **Wales: 0800 085 2219,**

**[www.helpmequit.wales](http://www.helpmequit.wales)**

#### **Scotland: 0800 84 84 84,**

**[www.nhsinform.scot/smoking](http://www.nhsinform.scot/smoking)**

#### **Northern Ireland:**

**[www.stopsmokingni.info](http://www.stopsmokingni.info)**

And you can download the **NHS Quit Smoking app**

## **Around 4 in 10 cases of cancer in the UK could be prevented**

That's why we're supporting people to reduce their cancer risk.

Our leaflets guide you through the changes you can make and are based on quality research carried out over many years.

### **How to find out more**

#### **Visit our website**

You can find out more about smoking and cancer at **[www.cruk.org/smoking](http://www.cruk.org/smoking)**

If you're thinking about making changes to improve your health and reduce your cancer risk, get information and tips at **[www.cruk.org/health](http://www.cruk.org/health)**

#### **Give us a call**

Speak to a nurse for advice or support on our free Nurse Helpline. Just call **0808 800 4040**.

If you have any questions about Cancer Research UK or would like to support our work, call **0300 123 1022**

Ref: RTR600A June 2023

Due for review by: June 2026.

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247) © Cancer Research UK [2023]

