

Smoking—The Cancer Trigger

Smoking can cause cancer almost anywhere in the body

If you have or have had cancer, smoking or using other tobacco products may:

- ◆ Prevent cancer treatments from working as well as they should
- ◆ Slow your recovery time
- ◆ Increase the risk of your cancer coming back
- ◆ Increase your chances of dying from your cancer and/or developing a new cancer
- ◆ Increase the risk of serious medical issues from your cancer treatment

Quitting is always a good idea

Whether you are newly diagnosed with cancer, or a cancer survivor, quitting smoking or other tobacco products increases your survival.

The Maine Tobacco HelpLine can help; it's free, confidential and it really works.

1-800-207-1230

MAINE TOBACCO HELPLINE

Should YOU be Screened for Lung Cancer?

Lung cancer is the leading cause of cancer death for both men and women in Maine

Screening is important because:

- ◆ Nearly nine out of ten lung cancers in the U.S. are caused by smoking
- ◆ Lung cancer is often diagnosed after it has spread and is more difficult to treat
- ◆ Screening cannot prevent lung cancer, but can find it early when it's easier to treat

You should be screened if you:

- ◆ Are between the ages of 55 and 80 **and**
- ◆ Have smoked one pack per day for 30 years **or** two packs per day for 15 years **or** three packs a day for 10 years **and**
- ◆ Are a current smoker or have quit within the past 15 years

If you meet **all three** of the above criteria, talk with your doctor about being screened for lung cancer.



Paul R. LePage, Governor

Maine Center for
Disease Control and Prevention

An Office of the
Department of Health and Human Services

Ricker Hamilton, Commissioner