

What is Cancer?

Cancer consists of more than 100 diseases. However, all cancers start when abnormal cells grow out of control. If not discovered in its earlier stages, cancer can cause serious illness and death.

Cancer is the second leading cause of death in West Virginia and the United States. More than a million people are diagnosed with cancer every year.

West Virginia
**TOBACCO
QUITLINE**
1-877-966-8784

Division of
WEST VIRGINIA
Tobacco Prevention
DEPARTMENT OF HEALTH AND HUMAN RESOURCES



WEST VIRGINIA TOBACCO
CESSATION
PROGRAM
West Virginia Department of Health and Human Resources



West Virginia Department of Health and Human Resources
Bureau for Public Health
Office of Epidemiology and Health Promotion
Division of Tobacco Prevention Cessation Program

350 Capitol Street, Room 206
Charleston, WV 25301
Phone: (304) 558-2939
Toll Free in WV: 1-866-384-5250
www.wvdt.org
www.wvquitline.com

Know the Risks

TOBACCO USE & Cancer



West Virginia Department of
Health and Human Resources

Cancer Prevention

You can take many simple, yet important steps to lessen your chance of getting cancer.

- *Achieve recommended weight* — Being overweight can increase your risk of getting many diseases including cancer. (These cancers include breast, colon, kidney, pancreas, uterus, esophagus and gall bladder.) Ask your doctor what would be a healthy weight for you and incorporate regular activity into your lifestyle.



- *Eat healthy* — You can improve your health greatly with a diet rich in fruits, vegetables, whole grains, low-fat dairy and protein. Stay away from foods containing trans fats, saturated fats, cholesterol, sodium and sugar.



- *Avoid sun exposure* — Too much sun damages the skin and can cause skin cancer. When going outdoors, apply sunscreen with a sun protective factor (SPF) of 15 or more. Avoid tanning beds and lamps.

- *Quit tobacco* — According to the American Cancer Society, smoking is linked to more than 15 different cancers. Spit tobacco and secondhand smoke also cause cancer. If you use tobacco of any kind — quit, and avoid secondhand smoke.

- *Get recommended screenings* — Talk to your doctor about various cancer screenings. Find out at what age you should start being screened and how frequently you need to be screened.



Tobacco and Cancer

Tobacco use is responsible for more than 30 percent of all cancers and nearly one in five deaths in the United States every year. Spit tobacco is not a safe alternative to smoking. Spit tobacco contains many of the same poisonous and cancer-causing chemicals as smoking.

Whether you use tobacco or not, exposing yourself to secondhand smoke can also cause cancer. According to the Environmental Protection Agency, in the last decade more than 30,000 nonsmokers died of lung cancer alone due to breathing in secondhand smoke.

You Can Quit Tobacco. We Can Help.

If you quit smoking, your health will greatly improve. It can also help you prevent cardiovascular disease.

Smoking becomes an addiction, so it can be hard to quit. However, studies prove you're more likely to successfully quit tobacco if you are being coached. The West Virginia Tobacco Quitline provides:

- **A FREE or low cost program with personal advice**
- **FREE educational materials**
- **Four FREE calls with a phone coach**

Don't risk cancer or heart disease, a stroke, high blood pressure and other health problems. **Quit tobacco today.**

For more information, visit

www.wvcancer.org and
www.wvmountainsofhope.org



**Call the
West Virginia Tobacco
Quitline today.**