

With 7000
chemicals +
gases:

Tobacco is a
main cause of
cancer in
Lebanon.



TOBACCO + CANCER

Naef K. Basile Cancer Institute
American University of Beirut
Medical Center

Consult the Smoking Cessation Program at
our Medical Center to help you with
quitting. Please call 81-677422 or 01 -
350000, ext. 8030



NAEF K. BASILE
CANCER INSTITUTE

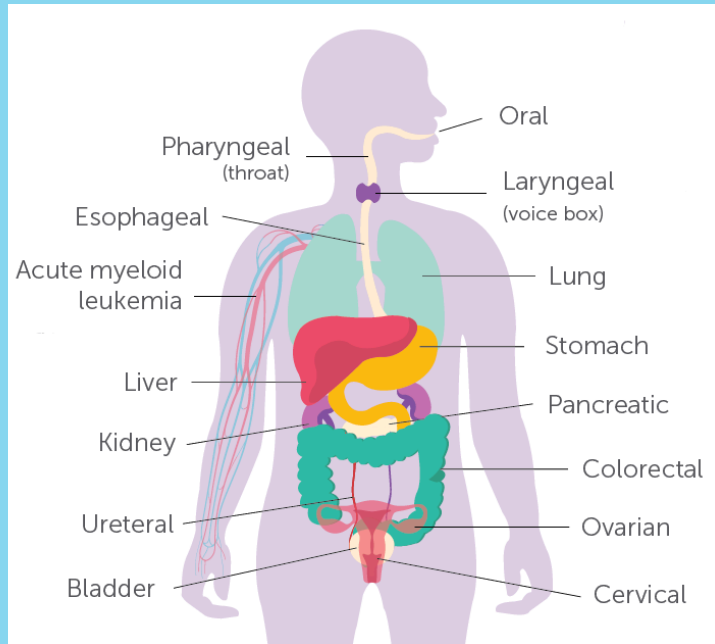


AMERICAN
UNIVERSITY OF BEIRUT
MEDICAL CENTER
المركز الطبي في الجامعة الأميركية في بيروت

**CIGARETTES, NARJILEH,
CIGARS, VAPES, PIPES OR
PASSIVE SMOKING CAUSE
CANCER**

TOBACCO CAUSES CANCER IN ALMOST EVERY AREA:

- Smoking tobacco is a main cause of cancer in Lebanon. It can cause cancer in almost any area of your body.
- It is primarily linked to cancers of the respiratory tract such as the lungs, trachea, and bronchus, as well as bladder cancer.
- It is also a direct cause of other cancers:
 - Esophagus
 - Larynx (voice box)
 - Mouth
 - Throat
 - Nasal cavity
 - Lip
 - Kidney
 - Pancreas
 - Stomach
 - Liver
 - Cervix and uterus
 - Colon
 - Acute myeloid leukemia
- Tobacco smoking is also associated with:
 - Hodgkin's lymphoma
 - Ovarian cancer
 - Prostate cancer



TOBACCO CAUSES CANCER BY:

- - Damaging your genes (coding units in cells): causing cells to grow uncontrollably and form a tumor
- - Damaging + scarring your lungs + building up toxic substances
- - Weakening your immune system
- The risk of developing cancer depends on:
 - Number of years of smoking
 - Amount of cigarettes smoked per day
 - Age at which you started smoking
- If you smoke, your risk of getting lung cancer is 20 times higher than for a non-smoker

AFTER QUITTING SMOKING:



20 MINUTES

- Blood pressure + heart rate return to normal



12 HOURS

- Excess carbon monoxide is expelled out of your body
- Oxygen levels return to normal



2-3 DAYS

- Most nicotine is out of your body
- Breathing is easier
- Energy improves



1-2 WEEKS

- Senses of taste + smell improve
- Blood circulation improves



2-3 MONTHS

- Lung function improves
- Risk for lung + heart diseases + stroke decrease



5 YEARS

- Risk of dying from lung cancer decreases
- Risk for cervical cancer + stroke same as non-smoker
- Mouth, throat, esophagus + bladder cancer risk decreases



10 YEARS

- Pancreas + larynx cancer risk decrease
- Lung cancer risk cut by half

Smoking



= Smoking 100-200

