

# TOBACCO & E-CIGARETTES

Cigarette smoking not only causes cancer but can also negatively impact cancer treatment and survival.



## Did You Know?

- Within five years of quitting smoking, the chance of getting cancer of the mouth, throat, esophagus, and bladder is cut in half
- 10 years after quitting smoking, the risk of dying from lung cancer drops by half
- Life expectancy for smokers is at least 10 years shorter than that of non-smokers
- If no one smoked, one in every three cancer deaths would not happen

## Tobacco

Tobacco use among cancer survivors can increase the risk for:

- having less favorable treatment response or outcomes;
- having cancer recur;
- developing a new cancer;
- dying from a primary cancer or a secondary cancer; and
- dying from other causes such as pneumonia or infection.

Quitting tobacco can improve a survivor's outcomes. The Missouri Tobacco Quitline offers free, confidential, 24/7 support to help Missourians quit all forms of tobacco, including e-cigarettes and smokeless tobacco. This service is also available for former smokers who are trying to avoid a relapse and for those who want information to help a family member or friend quit. Call 1-800-QUIT-NOW or enroll online at [quitnow.net/missouri](https://quitnow.net/missouri) for free help.

## E-Cigarettes

Electronic cigarettes, also known as e-cigarettes, e-cigs, vape pens, or vapor cigarettes, do not burn tobacco. Instead, they have cartridges filled with a liquid that may contain flavorants, nicotine, tetrahydrocannabinol (THC) or cannabinoid (CBD) oils, and other chemicals.

Many people may turn to e-cigarettes as a way to try to stop smoking, and there is evidence that they can be an effective way to quit. Even so, the FDA has not approved e-cigarettes as a way to quit smoking. Doctors and the FDA recommend evidence-based methods. Cancer survivors who have used e-cigarettes to stop smoking should not return to smoking cigarettes instead of using e-cigarettes. Instead, turn to safe ways to deliver nicotine such as patches, gum, lozenges, and nasal spray.

# References & Resources

American Society of Clinical Oncology, Navigating Cancer Care, Prevention and Healthy Living, Stopping Tobacco Use After Cancer Diagnosis

<https://www.cancer.net/navigating-cancer-care/prevention-and-healthy-living/stopping-tobacco-use-after-cancer-diagnosis/health-risks-e-cigarettes-smokeless-tobacco-and-waterpipes>

Centers for Disease Control and Prevention, Cancer, Survivors, Health Care Providers, Tobacco Use  
<https://www.cdc.gov/cancer/survivors/health-care-providers/tobacco-use.htm>

Centers for Disease Control and Prevention, QuickStats: Number of Deaths from 10 Leading Causes—National Vital Statistics System, United States, 2010, Morbidity and Mortality Weekly Report 2013:62(08);155

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6208a8.htm>

U.S. Department of Health and Human Services. A Report of the Surgeon General, How Tobacco Smoke Causes Disease: What It Means to You, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010

<https://www.ncbi.nlm.nih.gov/pubmed/21452462>

MISSOURI TOBACCO  
**QUITLINE**  
1.800.QUIT.NOW (784.8669)

Visit [health.mo.gov/cancer](http://health.mo.gov/cancer) for more important tips on surviving cancer.



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