

# RISKS OF TOBACCO

Tobacco use is the leading preventable cause of cancer worldwide. Fortunately, reductions in smoking yield large reductions in cancer incidence and mortality.

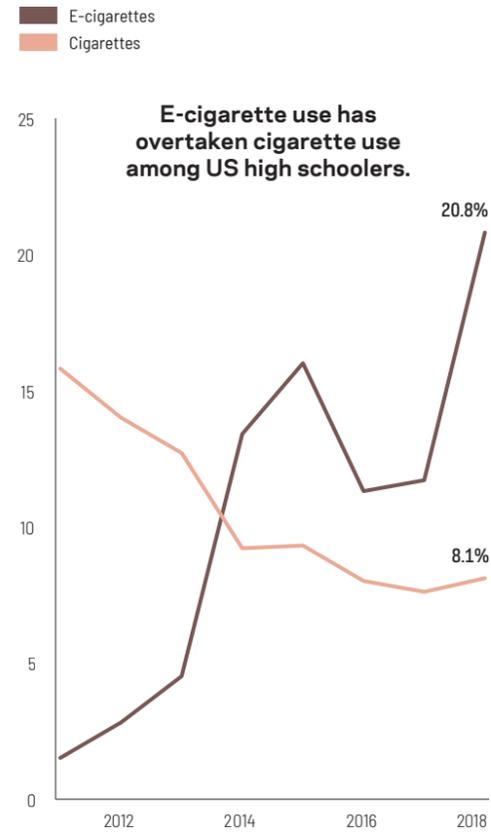
An estimated 1.3 billion people use tobacco products worldwide. The majority (about 1.1 billion) use smoked tobacco products, chiefly as manufactured or hand-rolled cigarettes. Other smoked products

include pipes, cigars, bidi, hookah, and/or kreteks; smokeless products include snuff, chewing tobacco, and betel. Novel tobacco products, especially recently redesigned e-cigarettes, increasingly dominate tobacco use among youth in some high-income countries (HIC). **FIGURE 3.1**

Eighty percent of the world's smokers live in low and middle income countries (LMIC). The enormous global health and economic burden from tobacco use is increasingly borne by LMIC, due to population aging and the massive numbers of people who continue to smoke. Although smoking prevalence and per-capita consumption are decreasing worldwide, the rate of decrease is slower in LMIC than in HIC, and among women than men in HIC.

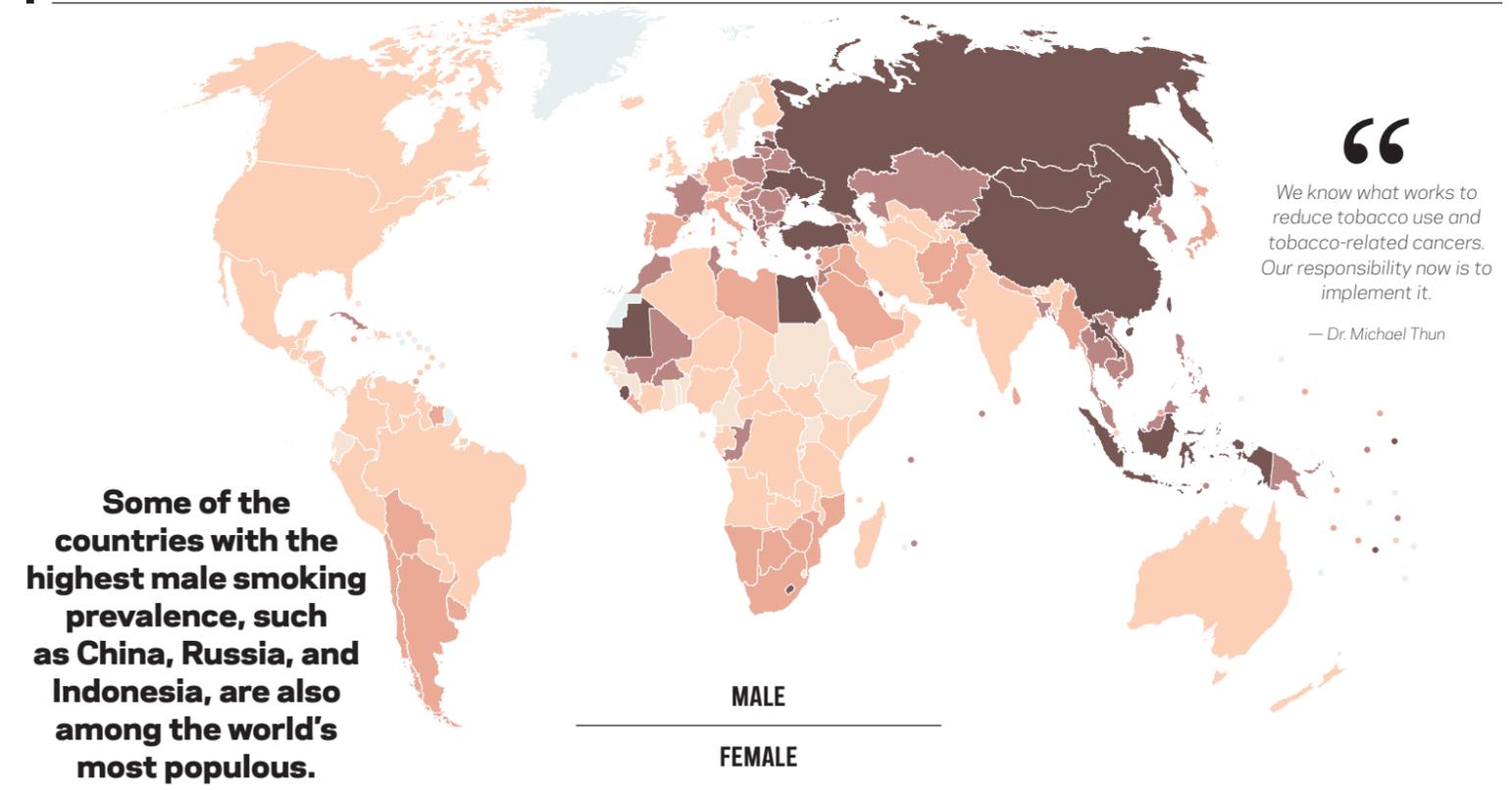
All smoked and traditional smokeless tobacco products cause cancer. Although lung cancer is the most common cancer caused by cigarette smoking, at least 19 other cancer sites or subsites are designated as causally related to smoking. **FIGURE 3.2** Even this list may be incomplete, as it does not include breast cancer or advanced prostate cancer, two sites for which the evidence has been labeled suggestive but not conclusive. Cigar and pipe smoking cause cancers of the lung and upper aerodigestive tract, including the oral cavity, oropharynx, hypopharynx, larynx and esophagus; secondhand smoke causes lung cancer. Smoked tobacco products cause even more deaths from vascular and respiratory conditions than from cancer. Cessation of smoking dramatically reduces risks compared to continued smoking.

**FIGURE 3.1**  
Cigarette and e-cigarette use (%) among high schoolers, United States, 2011-2018



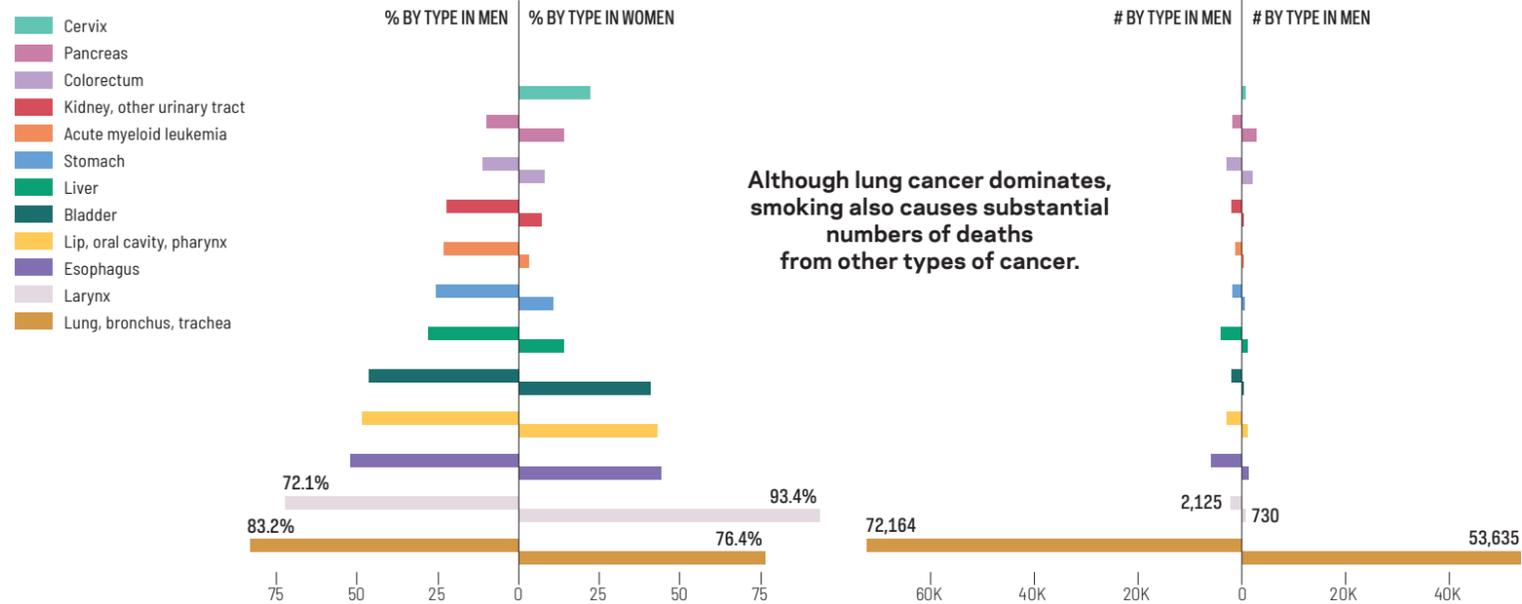
**MAP 3.1**

Prevalence (%) of daily smoking for men and women



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We know what works to reduce tobacco use and tobacco-related cancers. Our responsibility now is to implement it.  
— Dr. Michael Thun

**FIGURE 3.2**  
Annual smoking-attributable cancer deaths by type, 2010-2014, United States



Although lung cancer dominates, smoking also causes substantial numbers of deaths from other types of cancer.

**ACCESS CREATES PROGRESS**

Access to smoking cessation aids such as counseling, telephone quit lines, and pharmacotherapy can help people quit smoking. Even brief counseling encounters have been shown to increase quit rates, and a combination of counseling and pharmacotherapy can further increase success.

