



Going smoke-free to help reduce risk of lung cancer

World Lung Cancer Day takes place on 1 August with the aim of raising awareness about the risks and methods of prevention.

Lung cancer is the **third most common cancer** in the UK, making up 13% of new cases diagnosed. Survival rates can vary, but about 1 in 3 live for at least 1 year after diagnosis, and around 1 in 20 live at least 10 years. Early diagnosis makes a big difference.

Smoking cigarettes is the single biggest risk factor for lung cancer.

Taking into account the numerous other illnesses caused by tobacco use, as well as the 1.2 million non-smokers killed worldwide each year through exposure to second-hand smoke, it's not difficult to see why tobacco is one of the biggest public health threats in the world.

The good news is that **four out of five lung cancer cases are entirely preventable** - mostly by choosing not to smoke cigarettes but also by avoiding exposure to air pollution and specific occupational dusts and fumes.

Smoking and lung cancer

People who smoke 20 cigarettes a day are around **24 times** more likely to develop lung cancer when compared to those who've never smoked - and yet smokers who quit **see that risk drop by over 70% within 12 years of stopping**.

Going smoke-free

If you smoke, stopping can be a challenge, but there is plenty of support available to help you. For example, did you know that you're up to **four times more likely** to quit smoking for good if you use the **NHS Stop Smoking Services?**

Follow our five steps to help begin your journey of stopping smoking for good:

Step 1: Talk to your GP

Your doctor can provide you with all sorts of advice and support about the local options available to you, as well as prescribing you NRT products and medications for managing cravings.

Step 2: Get on board with Smokefree

Take advantage of the great range of personalised support and information at **Smokefree** - the NHS's free stop-smoking service.

Step 3: Get your personalised stop-smoking programme

Three simple questions are all it takes and in a matter of seconds you'll have all you need in one comprehensive action plan. Start **here** and you'll be on your way before you know it!

Step 4: Get the Smokefree app

The **Smokefree app** is packed with information and advice as well as a unique 'distractions' function to help you fight off cravings whenever they strike.

Step 5: NHS Stop Smoking Service

The NHS offers programmes staffed by trained advisers all over the country where you can either join a group or have one-to-one support if you prefer. **Find a local programme** to get started.