

Smoking and Women's Health

Did You Know...

- ...more than 3 million women in the United States have died from smoking-related diseases since 1980?
- ...lung cancer is the leading cause of cancer deaths in women?
- ...women who smoke are more likely to get cervical, bladder, liver, bowel and throat cancers?
- ...heart disease is the leading cause of death in women?
- ...smoking makes it harder for women to get pregnant and can cause earlier menopause?
- ...smoking or being near someone who smokes causes serious health problems in pregnant women and their children?



"My clothes and house no longer smell like smoke."
- Kim

"I have more energy during the day."

- Carla

... But there is good news!

- Quitting smoking makes it less likely that you'll have any of the above health problems.
- Women with children make their families healthier when they quit smoking.
- The California Smokers' Helpline provides support and assistance with smoking cessation for women. If you are interested in quitting, call **1-800-NO-BUTTS**.
- Visit <http://women.smokefree.gov> for more information on smoking and women's health.
- You can help make a difference too! Joining your local tobacco control coalition, supporting cancer research and demanding smoke free environments helps save lives!

There's no better time to quit than now!



www.breakfreealliance.org



www.healtheducouncil.org

This factsheet is supported by the ADEPT project, a grant funded by the California Cancer Research Fund (line 413 on state tax form 540) and administered by the California Tobacco-Related Disease Research Program on behalf of the University of California. To learn more information about California's Voluntary Contributions, see the Franchise Tax Board's FAQ page.

*Contributions to the California Cancer Research Fund are used to conduct research relating to the causes, detection, and prevention of cancer and to expand community-based education on cancer, and to provide prevention and awareness activities for communities that are disproportionately at risk or afflicted by cancer.