

## Smoking, second-hand smoke and breast cancer

### First-hand smoking and exposure to second-hand smoke increases the risk of breast cancer.<sup>1</sup>

- For all women, smoking increases the risk of breast cancer by an average of 50 to 70 per cent, depending on how much is smoked<sup>1</sup>
- In pre-menopausal women (usually under the age of 50), exposure to second-hand smoke increases the risk of breast cancer by 40 to 50 per cent<sup>1</sup>
- Tobacco smoke is one of the few risks for breast cancer that can be changed
- Smoking and exposure to second-hand smoke can lead to other health concerns such as heart and lung diseases, cancer and chronic illness

### What is second-hand smoke?

- A mix of the smoke coming off the burning end of a cigarette, cigar or pipe and smoke blown into the air by the smoker
- Contains the same 4,000 chemicals as first-hand smoke but has twice the amount of nicotine and five times as much carbon monoxide<sup>2</sup>. Ventilation does not eliminate exposure to the risk of second-hand smoke.

### Smoking can harm your health, including your breast health at any age

If you don't smoke, don't start  
Live smoke-free, avoid second-hand smoke  
If you do smoke, find some help to quit

### Eight tips to make quitting easier

1. Make a list of when you are smoking
2. Understand why you smoke
3. Find healthier substitutes for smoking
4. Change your environment and routine
5. Talk with someone about how you are feeling
6. Learn from past quit attempts
7. Set a quit date
8. Motivate yourself with positive thoughts

**Smokers' Helpline** is a free, confidential service that provides personalized support, advice and information about quitting smoking, call 1- 877-513-5333 or visit [www.smokershelpline.ca](http://www.smokershelpline.ca).

<sup>1</sup> Tobacco Info April 2011

<sup>2</sup> The Lung Association, 2010



For more health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca).