

# The Risks of Smoking and Vaping and the Many Benefits of Quitting

---

Megan Brown, PA



**Tobacco use is the leading preventable cause of cancer deaths.**



RIVERSIDE

Cancer Care



Tobacco smoke is a toxic mix of **many** chemicals.

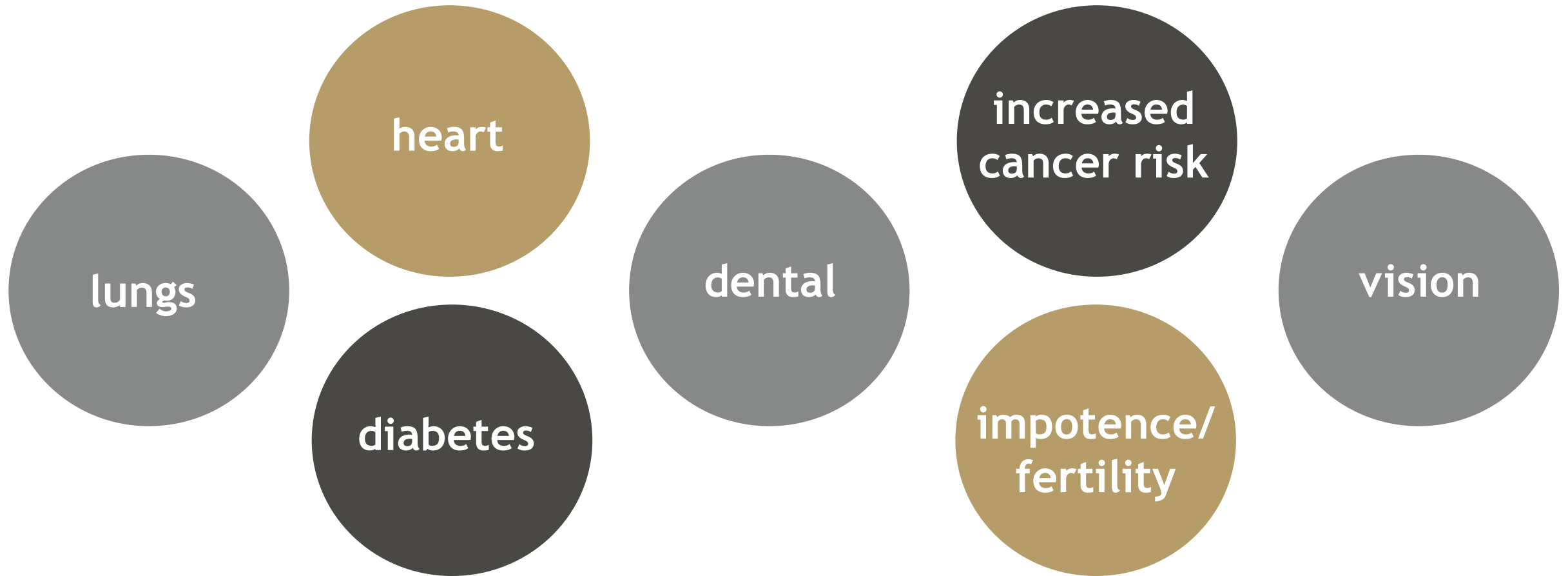


RIVERSIDE

Cancer Care



Smoking affects **your entire body.**



RIVERSIDE

Cancer Care



While **vaping** seems more socially accepted than smoking, it is very **dangerous** and exposes you to very real— and very scary—**health risks**.



It is never too late to **quit smoking or vaping.**

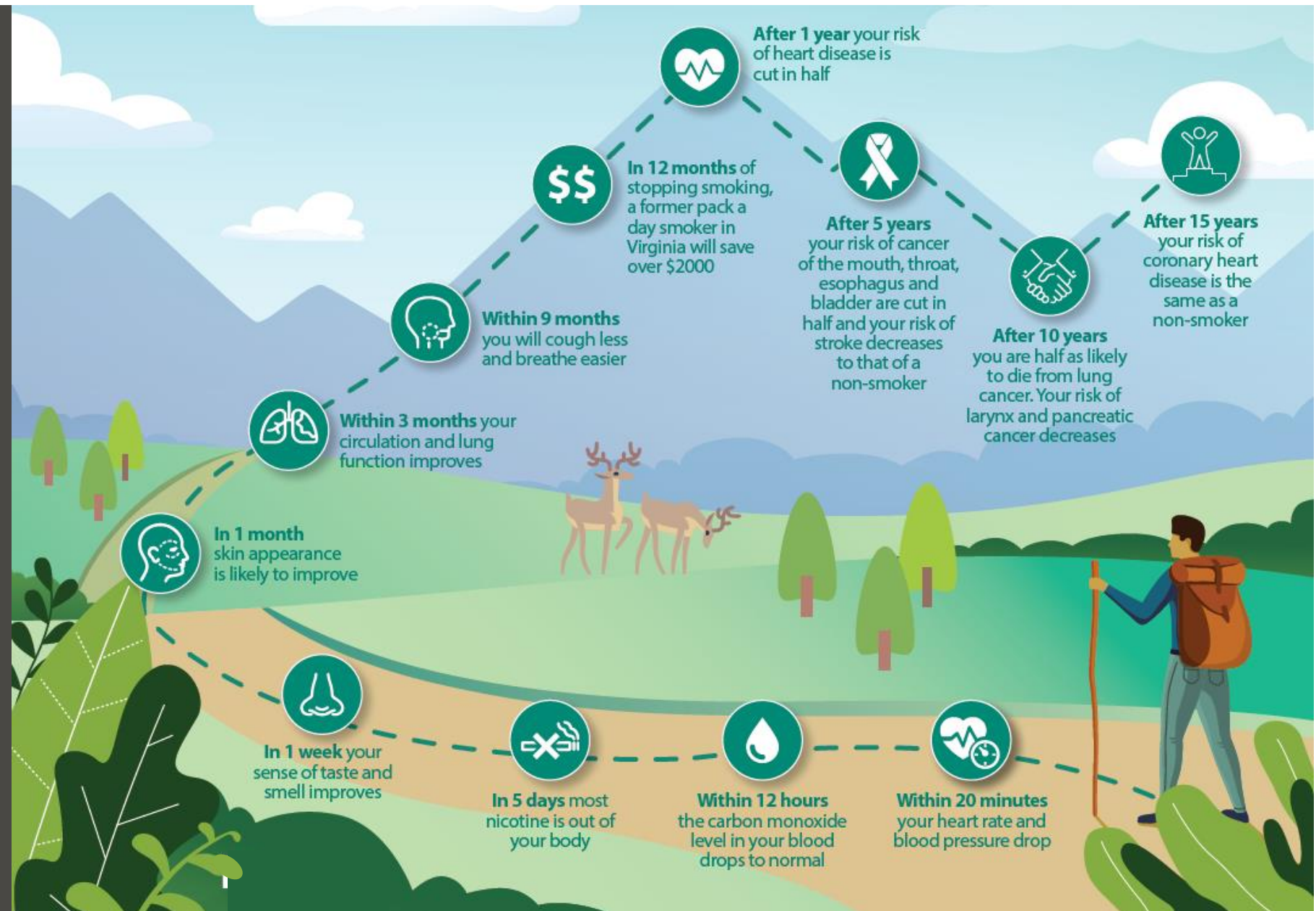


RIVERSIDE

Cancer Care



You start to heal  
immediately  
when you quit  
smoking.



RIVERSIDE

Cancer Care



A hand is shown holding a white ribbon, which is tied in a loop. The ribbon extends across the frame towards the right. The background is a dark, textured wooden surface.

Set a quit date  
Remember why you are quitting  
Get support  
Talk with your healthcare provider



RIVERSIDE

Cancer Care





Cancer Care Network



[riversideonline.com/lungscreening](https://riversideonline.com/lungscreening)