

# TOBACCO: What is it costing you?

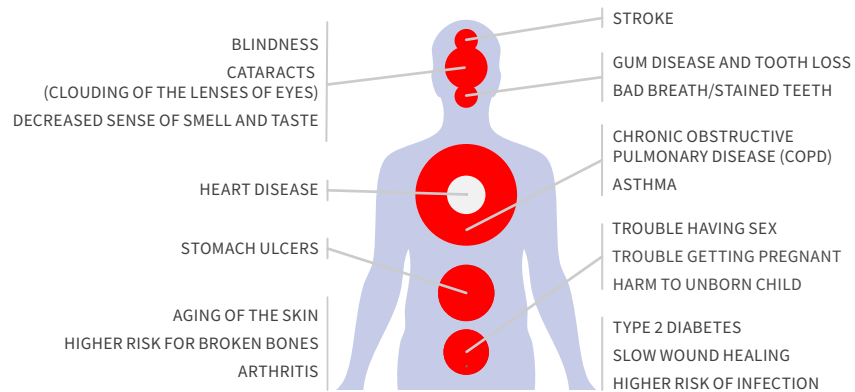
Smoking might cost you more than money.



Tobacco use causes about 1 out of 5 deaths in the United States each year. Smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined.

## IT'S NOT JUST DEATHS. SMOKING AFFECTS A PERSON'S HEALTH IN MANY WAYS.

Tobacco smoke contains many chemicals that are harmful, and can cause cancer and other health problems.



**INCREASED RISK FOR MANY TYPES OF CANCER**

## WHAT ABOUT SECONDHAND SMOKE?

Secondhand smoke (SHS) is the smoke or vapor that comes off other people's cigarettes or other tobacco products. Children and adults who do not smoke can breathe in SHS and be exposed to the harmful chemicals of tobacco products.

SHS is linked to several types of cancer in children and adults. It also affects the heart and blood vessels,

increasing the risk of heart attack and stroke in people who do not smoke.

Make your home smoke-free for the health of your family. Young children are most sensitive to the harmful effects of SHS. A smoke-free home protects your family, your guests, and even your pets.



## HOW MUCH DOES SMOKING COST IN DOLLARS AND CENTS?

Let's say someone smokes a pack a day (20 cigarettes).

In the United States, the average cost of a pack of cigarettes is **\$8**.

- In one month, that's about **\$240**.
- In one year, that's about **\$2,900**.
- In 10 years, that's about **\$29,000**.

Source: *World Population Review, 2022*.

## QUITTING TOBACCO ISN'T EASY, BUT IT CAN BE DONE.

It isn't easy to quit smoking, but you can do it with help. For the best chance of quitting, you need to have a plan, know what your options are, and where you can get help.

If you're ready to quit, it's a good idea to talk to a doctor or dentist and your insurance company to get advice and support. For resources and help, call the Centers for Disease Control and Prevention's quitline at 1-800-QUIT-NOW (784-8669). For motivation and support, the American Cancer Society Empowered to Quit program sends emails that help you prepare to and quit smoking. Visit [cancer.org/empoweredtoquit](https://cancer.org/empoweredtoquit) to sign up.



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