



A MINUTE OF HEALTH WITH CDC

Kick the Habit

Surveillance for Cancers Associated with Tobacco Use — United States, 1999–2004

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

The solution seems so simple: stop smoking and live longer and healthier. After all, tobacco use is the leading preventable cause of disease and premature death in the United States. During a recent six-year study, more than 2.4 million cases of tobacco-related cancer were diagnosed in the U.S. Tobacco use is directly linked to cancers, including lung, esophageal, stomach, kidney, bladder, and cervical.

If you're hooked on tobacco, get help from your physician and support from your family and friends to kick the habit and add more years to your life.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.