



## Quitting smoking to lower your risk of cervical cancer

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**Abstract:** Cervical cancer is cancer that starts in the cervix. The cervix is the lower part of the uterus (womb) that opens at the top of the vagina. This pamphlet explains how smoking increases your chance of getting cervical cancer, other reasons to quit smoking, what nicotine replacement therapy (NRT) is and how much it will cost, why e-cigarettes are not recommended, medications that are available to help you quit smoking, and other options to quit smoking. Tips for quitting smoking and a list of resources are also provided.

**Responsibility:** Prepared by: Department of Obstetrics and Gynecology: Division of Gynaecologic Oncology

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