

## Addicted to nicotine?

If you have been diagnosed with cancer, quitting smoking, vaping or chewing is one of the best ways to improve the chances of successful cancer treatment. People who use tobacco products can be helped to quit. Quitting can have immediate and long-term benefits.

*It is never too late to stop using tobacco.*

Regardless of your age, people who quit smoking or vaping have substantial gains in life expectancy, compared with those who continue to smoke.

Quitting smoking can be difficult, you may need to try several times before successfully quitting. Your health care team can help you with treatment options and resources.

### Additional Information on tobacco/nicotine and *Help to Quit*:

- American Cancer Society 800-ACS-2345
- American Heart Association 800-AHA-USA1
- American Lung Association 800-LUNG-USA
- NCI's [Smokefree.gov](http://Smokefree.gov) website offers tools, information, and support that helps those who smoke, to quit. On this website you will find state and national resources, free materials, and quitting advice from NCI.

**Health care professionals can be good sources of information about the health risks of tobacco products and the benefits of quitting.**

Talk to your doctor, dentist, pharmacist, or other health care provider about the proper use and potential side effects of nicotine replacement products and other medicines. Behavioral interventions can also help with quitting and staying quit. Your health care providers can help you find resources for assistance in quitting.

**Quitting smoking, or using other nicotine products like e-cigarettes or vaping, improves the prognosis of cancer patients.**

- For patients with some cancers, quitting smoking at the time of diagnosis may reduce the risk of dying by 30% to 40%.
- For those having surgery, chemotherapy, or other treatments, quitting smoking helps improve the body's ability to heal and respond to therapy.
- Quitting smoking also lowers the risk of pneumonia and respiratory failure.

**In addition, quitting smoking or vaping may lower the risk that:**

- the cancer will recur
- a second cancer will develop
- the person will die from the cancer or other causes

**NCI's Smoking Quitline: 877-44U-QUIT (877-448-7848)**

- offers a wide range of services, including individualized counseling, printed information, referrals to other resources, and recorded messages.
- Smoking cessation counselors are available to answer smoking-related questions in English or Spanish, Mon. – Fri., 8am – 8pm, Central time.
- Smoking cessation counselors are also available through [LiveHelp](https://livehelp.cancer.gov/) (<https://livehelp.cancer.gov/>), an online instant messaging service. [LiveHelp](https://livehelp.cancer.gov/) is available Mon. – Fri., 8 am - 8pm, Eastern time.

Content adapted from websites below.

## Resources for Additional Information:

- [National Cancer Institute, Smokefree.gov](http://NationalCancerInstitute.gov)
- [NIH, NCI Where To Get Help When You Decide To Quit Smoking](http://NIH.gov)
- [NIH, NCI, Harms of Cigarette Smoking and Health Benefits of Quitting](http://NIH.gov)
- [ASCO Stopping Tobacco Use After a Cancer Diagnosis](http://ASCO.org)
- [Cancer.Net, How to Quit Smoking and Using Tobacco](http://Cancer.Net)
- [Cancer.Net, Stopping Tobacco Use After a Cancer Diagnosis](http://Cancer.Net)
- [American Cancer Society, Tobacco and Cancer](http://AmericanCancerSociety.org)
- [CDC, Smoking & Tobacco Use](http://CDC.gov)
- [American Lung Association, Quit Smoking](http://AmericanLungAssociation.org)
- [CancerCare.org, Veterans Living With Cancer: Resources and Support](http://CancerCare.org)

## Recursos en Español:

- [NIH, Instituto Nacional Del Cáncer, Consumo de cigarrillo: riesgos para la salud y cómo dejar de fumar \(PDQ®\)](http://NIH.gov)
- [Cancer.Net, Recursos para ayudarlo a dejar de fumar](http://Cancer.Net)
- [Cancer.Net, Dejar de consumir tabaco después de un diagnóstico de cáncer](http://Cancer.Net)
- [American Cancer Society, Tabaco y cáncer](http://AmericanCancerSociety.org)
- [American Cancer Society, Cómo dejar de fumar o de consumir tabaco que no produce humo](http://AmericanCancerSociety.org)