

# Smoking Cessation and Cancer

Tobacco use has been linked to a number of different cancers in the body. Stopping tobacco use may reduce your cancer risk. Even if you find out you have cancer, stopping smoking has many benefits including making your treatment more effective. It's never too late to stop smoking.



## What types of cancer can be caused by tobacco use?

Most lung cancers are caused by smoking. Tobacco use can also cause cancer in many other areas of your body. Cancers of the throat, mouth, nose, larynx (voice box), esophagus, stomach, pancreas, kidney, uterus, bladder, cervix, blood, and bone marrow are all linked to tobacco use.

## How does tobacco cause cancer?

Many of the chemicals found in tobacco are poisons that can damage your DNA and lead to cancer. Poisons in tobacco also weaken the cells in our immune system that fight cancer and tumors. The bottom line is that tobacco causes cancer and then prevents your body from fighting it.

## Stopping smoking can improve cancer outcomes at any stage of disease. Stopping smoking may

- help you heal better if you need surgery
- cut down on side effects from chemotherapy (your cancer medication) and radiation (treatment to kill cancer cells).
- allow chemotherapy and radiation to work better.
- may help you live longer and improve your quality of life.
- lower the risk of cancer coming back or you getting a new cancer.

## Why is it so hard to stop smoking?

- Dealing with cancer is very stressful, so trying to stop smoking at the same time can be tough.
- Tobacco products contain nicotine, a very addictive chemical (a drug that makes you feel very uncomfortable when you try to stop using it).
- When you stop smoking, cravings for nicotine can be very unpleasant making it hard to stop.

## How can I stop smoking?

There are medications to help you with the cravings for the nicotine when you stop smoking.

Ask your healthcare provider for help to stop smoking and medications that can help you stop.

- Medications like nicotine patches, gum, and lozenges are available over-the-counter and can lessen nicotine cravings and withdrawal symptoms.
- Use of nicotine replacement medicines can double your chance of stopping smoking.
- Other stop smoking medications such as varenicline (Chantix™), bupropion, and the nicotine inhaler require a prescription. These medications are very helpful to stop smoking.

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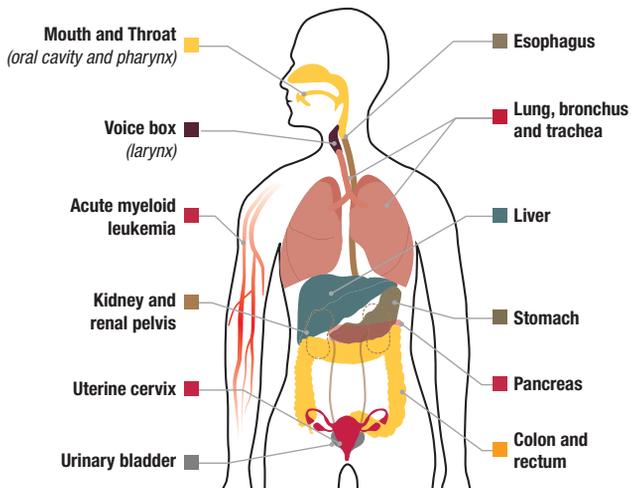
## Rx Action Steps

- ✓ Speak to your healthcare provider about taking over the counter and/or prescription medications to help you stop smoking.
  - ✓ Find friends and family to help support you.
  - ✓ Use resources such as state quitlines, online programs, text messaging services, and chat rooms to get the help you need to achieve your goal.
- Don't give up! You can be successful in stopping smoking.

**Healthcare Provider's Contact Number:**

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## Tobacco use\* causes cancer throughout the body



\*Tobacco use includes smoked (cigarettes and cigars) and smokeless (snuff and chewing tobacco) tobacco products that to date have been shown to cause cancer.

Source: Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/media/releases/2016/p1110-vital-signs-cancer-tobacco.html>

## For More Information

- Call 1-800-QUITNOW (1-800-784-8669) or visit [smokefree.gov](http://smokefree.gov) for free help in stopping smoking. Find more information on how to stop smoking from the American Thoracic Society at <http://www.thoracic.org/patients/patient-resources/topic-specific/tobacco-use.php>

### National Cancer Institute

- 1-800-QUIT-NOW (1-800-784-8669)  
Toll-free number operated by the National Cancer Institute (NCI) that will connect you directly to your state's tobacco quitline
- 1-877-44U-QUIT  
The National Cancer Institute's trained counselors are available to provide information and help with quitting in English or Spanish, Monday through Friday, 8:00 AM to 8:00 PM ET
- SmokeFree.Gov  
This website from the National Cancer Institute provides a wealth of information on how to stop smoking.
- <https://livehelp.cancer.gov>  
This site provides live, online assistance from the NCI's LiveHelp service Monday through Friday, 8:00 AM to 8:00 PM ET

### American Cancer Society

- 1-866-QUIT-4-LIFE (1-866-784-8454)
- <https://www.quitnow.net>  
Program provides online and texting assistance and quit plan

### CDC

- <https://www.cdc.gov/tobacco/campaign/tips/partners/health/hcp/index.html>  
This website from CDC provides a wealth of information for patients and providers on how to stop smoking.

### American Thoracic Society

- [www.thoracic.org/patients](http://www.thoracic.org/patients)

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