

If You Have Cancer, it's Never Too Late to Quit Smoking

49% of adults diagnosed with cancer reported ever smoking cigarettes

Source: National Health Interview Survey, 2020

Smoking causes a third of all cancer deaths in the United States



Sources: American Cancer Society, 2021; Islami et al., 2018

If you continue to smoke after a cancer diagnosis, you may increase your

- ▲ Risk of dying from cancer
- ▲ Risk of getting a new type of cancer
- ▲ Risk of your cancer coming back
- ▲ Risk of problems with your cancer treatment
- ▲ Cost of your health care



Cessation medication + counseling is proven to help you quit smoking

- ✓ **FDA-approved medications**
 - Nicotine replacement therapies
 - Patch
 - Gum
 - Lozenge
 - Inhaler
 - Nasal spray
 - Non-nicotine medications
 - Bupropion
 - Varenicline
- ✓ **Counseling options**
 - In-person
 - Telehealth
 - Quit line such as 877-44U-QUIT or 800-QUIT-NOW
 - Digital intervention such as smokefree.gov



smokefree.gov

Ways you can overcome barriers to quit smoking

For people who smoke, a cancer diagnosis is often accompanied by stress, guilt, and shame.



Talk to your doctor about your concerns. You can manage your stress and quit smoking.



Patients with cancer may spend a lot of time in medical appointments to treat their cancer.



You can get 24/7 support that fits your schedule. Enroll in SmokefreeTXT or sign up for phone or video-based counseling.



Most people who try to quit smoking do not use FDA-approved medications.



Increase your chances of quitting for good. Talk with your doctor about using both FDA-approved medication and counseling.



The National Cancer Institute's 23rd Tobacco Control Monograph, *Treating Smoking in Cancer Patients: An Essential Component of Cancer Care*, concludes that quitting smoking improves the likelihood of survival, quality of life, and overall health of people with cancer who smoke.

Read more at cancercontrol.cancer.gov/monograph23 or by scanning the QR code.

