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

Source: American Cancer Society, 2021; Mariu 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

Ways you can overcome barriers to quit smoking

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

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

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

Source: National Health Interview Survey, 2020
U.S. Department of Health & Human Services | National Institutes of Health