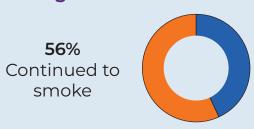
Offering Smoking Cessation Treatment to Cancer Patients

Among adults ever diagnosed with cancer:

36% are former smokers12% are current smokers

Source: 2020 National Health Interview Survey

Among adult cancer survivors who smoke:



44% Successfully quit smoking

Source: 2017 National Health Interview Survey

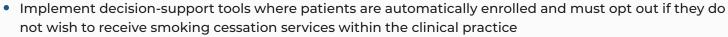
Patients with cancer may experience benefits when they quit smoking

- Decreased postoperative pulmonary complications
- Enhanced recovery after surgery
- Increased response to chemotherapeutic medications and radiation
- Reduced risk of secondary cancers or cancer recurrence
- Reduced risk of mortality due to other causes, such as heart disease, non-cancer pulmonary disease, and stroke

Patients with cancer are not consistently assessed for tobacco use or offered smoking cessation treatment in the cancer care setting

While more than 70% of oncology care clinicians assess for tobacco use at intake, **less than half** recommend or arrange smoking cessation treatment or follow-up after a quit attempt. Less than 30% of clinicians report having adequate training to provide cessation intervention.

Clinicians and health care systems can implement strategies to provide equitable access to smoking cessation treatment





- Emphasize to providers the safety and efficacy of smoking cessation treatment options
- Provide support and behavioral interventions that address patients' feelings of cancer-related stress



Offer counseling and FDA-approved smoking cessation medications to all patients with cancer who smoke

♥ FDA-approved medications

- o Nicotine replacement therapies
 - Patch
 - Gum
 - Lozenge
 - Inhaler
 - Nasal spray
- Non-nicotine medications
 - Bupropion
 - Varenicline

Counseling options

- o In-person
- o Telehealth
- o Quit line such as 877-44U-QUIT or 800-QUIT-NOW
- o Digital intervention such as smokefree.gov



Adding counseling to the provision of medication increased the likelihood of smoking cessation by about 10%–20% versus medication alone

Source: Hartmann-Boyce et al., 2019. Note: Data derived from the general population assumed predictive of cancer population. The National Cancer Institute's 23rd Tobacco Control Monograph, Treating Smoking in Cancer Patients: An Essential Component of Cancer Care, affirms that all patients with cancer should have access to evidence-based smoking cessation treatment as a standard component of their care.



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