



## **Tobacco Control Monograph 23—*Treating Smoking in Cancer Patients: An Essential Component of Cancer Care***

### **Tobacco Use, Including Smoking, Is Not Consistently Treated in Cancer Care Settings**

The 23rd National Cancer Institute (NCI) Tobacco Control Monograph expands upon prior research to inform clinicians and their patients with cancer about the science and practice of quitting smoking.

**The research summarized in this monograph demonstrates that quitting smoking is among the most effective treatment options for improving the likelihood of survival, quality of life, and overall health of people with cancer who smoke.**

### **Why Addressing Smoking in Cancer Care Settings Is Essential**

It is important for clinicians treating patients with cancer, and for patients themselves, to realize that quitting smoking improves cancer outcomes, regardless of cancer type. The consequences of continued smoking after a cancer diagnosis include:

- Increased risk of cancer-specific mortality and mortality due to other causes, such as heart disease, noncancer pulmonary disease, and stroke.
- Increased risk of second primary cancers.
- Increased risk of cancer recurrence and adverse treatment-related outcomes, including postoperative pulmonary complications, poor surgical healing, and decreased response to chemotherapeutic medications and radiation.
- Increased health care costs.

### ***Treating Smoking in Cancer Patients: An Essential Component of Cancer Care* emphasizes the need to intervene with patients with cancer who smoke.**

Monograph 23 provides a synthesis of—

- The effects of smoking on the biology of cancer.
- Effectiveness of smoking cessation treatment in the general population of individuals who smoke and in cancer populations specifically.
- How smoking cessation treatments can be applied to address the special challenges and needs of individuals with cancer.
- How smoking cessation treatment can be implemented in health care contexts generally and in cancer care contexts specifically.
- The opportunities for and challenges to enhancing smoking cessation success in medically underserved and vulnerable populations with cancer.

### **What This Monograph Adds**

- Features lessons learned from NCI's Cancer Center Cessation Initiative (C3I) that advance the science of tobacco cessation among patients with cancer.
- Builds upon the conclusions of the 2014 and 2020 Surgeon General's reports on smoking.
- Identifies important research gaps to assist in the development, evaluation, and implementation of smoking cessation interventions for people with cancer who smoke.

## Major Conclusions from *Treating Smoking in Cancer Patients: An Essential Component of Cancer Care*



1. Smoking cessation after the diagnosis of cancer is highly likely to reduce all-cause mortality and cancer-specific mortality.



2. Research from the general population indicates that patients with cancer who smoke will benefit from smoking cessation treatments, including both counseling and U.S. Food and Drug Administration (FDA)-approved medications.



3. Effective strategies exist to increase the delivery of smoking cessation treatment in cancer care settings.



4. Evidence-based smoking cessation treatment should be systematically provided to all patients with cancer, regardless of the type of cancer. However, patients with cancer are not consistently offered and provided such treatment.



5. Continued smoking after a cancer diagnosis is associated with higher health care utilization and greater health care costs in comparison with quitting smoking.



6. Medically underserved and vulnerable populations of cancer patients who smoke are very likely to benefit from using the evidence-based smoking cessation treatments identified as effective in the general population of people who smoke.



7. The tobacco product marketplace and consumer use patterns are changing for both the general population and for patients with cancer, posing challenges for researchers and cancer care clinicians.



8. Continued research is needed to identify effective cessation interventions for patients with cancer who smoke and to better understand the effects of smoking cessation on cancer outcomes.



**Download the Monograph:**

Scan the QR code or visit [cancercontrol.cancer.gov/monograph23](https://cancercontrol.cancer.gov/monograph23)

### About the Monograph Series

The National Cancer Institute established the Tobacco Control Monograph series (formerly the Smoking and Tobacco Control Monograph series) in 1991. The series provides comprehensive scientific reviews of tobacco use, treatment, and prevention topics to inform the work of researchers, clinicians, and public health practitioners and reduce cancer morbidity and mortality. All NCI Tobacco Control Monographs are available at [cancercontrol.cancer.gov/monographs/](https://cancercontrol.cancer.gov/monographs/).