

# 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

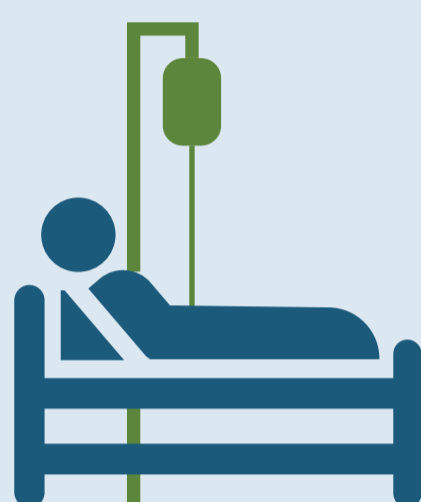
**Smoking causes a third of all cancer deaths in the United States**



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**

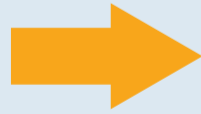
- ✓ **FDA-approved medications**
  - Nicotine replacement therapies
    - Patch
    - Gum
    - Lozenge
    - Inhaler
    - Nasal spray
  - Non-nicotine medications
    - Bupropion
    - Varenicline
- ✓ **Counseling options**
  - In-person
  - Telehealth
  - Quit line such as 877-44U-QUIT or 800-QUIT-NOW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



**smokefree.gov**

## Ways you can overcome barriers to quit smoking

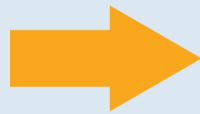
For people who smoke, a cancer diagnosis is often accompanied by stress, guilt, and shame.



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



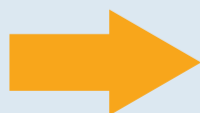
Patients with cancer may spend a lot of time in medical appointments to treat their cancer.



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](http://cancercontrol.cancer.gov/monograph23) or by scanning the QR code.

