



# 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

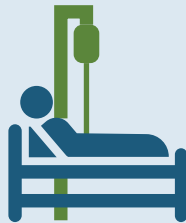
## Smoking causes a third of all cancer deaths in the United States

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



### 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.



### 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**

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