

# SUPPORT FOR QUITTING SMOKING DURING CANCER TREATMENT



If you have been diagnosed with cancer, you may think it is useless to quit smoking now. Or you might think that quitting now will be too stressful. But even though things are rough during this time, quitting smoking is one of the most important steps you can take to improve your health. If you smoke while on cancer treatment, it can affect how well the treatment works, your length of survival, your risk of getting a second new cancer, and your quality of life. If you are thinking about quitting, Fox Chase Cancer Center can help!

## What is Fox Chase Cancer Center's Tobacco Treatment Program?

It is a smoking cessation program that offers:

- Help to anyone using tobacco products and those who have used them within the past year.
- Judgement-free counseling
- Suggestions for the use of medicines (nicotine replacement therapy and/or other medicines).

## How do I make an appointment with Fox Chase's Tobacco Treatment Program?

Talk with your Fox Chase healthcare team for a referral or call 888-369-2427 to set up a visit. You can meet with a Fox Chase Tobacco Specialist in person or by telemedicine.

## What is the counseling like?

Counseling can help you control the smoking habit. You will decide if you want to cut back or quit. You and your counselor will talk about issues like:

- Planning to quit
- Recovering from lapses
- Dealing with stress, cravings, and withdrawal
- Staying tobacco free

## What medicines do you suggest?

Medicines help reduce cravings and withdrawal. When you come in for your visit, we can talk about which treatment is best for you.

### Nicotine replacement therapy (NRT)

- The patch, gum and lozenge or a combination of them.

### Other Medicines (need a prescription)

- Chantix (Varenicline)
- Zyban (Bupropion)



## Does smoking raise the risk of second cancers?

Yes, if you smoke, you have a higher risk of getting a second cancer at the same site or other sites.

## Does smoking lower survival rates?

Yes, research has shown that for many types of cancer, patients who smoke have a lower survival rate.

## Why is it helpful to quit smoking?

Quitting smoking can:

- Decrease side effects and problems from treatment
- Increase survival
- Lower risk of second cancers
- Improve your quality of life
- Improve your sense of control and make you an active partner in your care!

## What can happen if you have surgery and smoke?

If you stop smoking even for a few weeks before surgery, you will decrease your chance of these problems:

- Slower recovery
- Poor wound healing
- Poor blood flow
- Problems from general anesthesia (the medicine you get to take away pain or make you sleep)
- Lung or breathing problems

## What can happen if you smoke and are getting chemotherapy?

- The chemotherapy may not work as well to kill cancer cells
- You may not respond as well to treatment
- The side effects of treatment listed below may be worse:
  - Tiredness
  - Heart and lung problems
  - Weight loss
  - Infection

## What can happen if you smoke through your radiation treatments?

- You may not respond as well to treatment
- The side effects listed below, which depend on the area treated, may be worse:
  - Mouth sores
  - Tiredness
  - Loss of taste
  - Lung problems
  - Dry mouth
  - Harm to soft tissue and bones
  - Weight loss
  - Poor voice quality



## WHAT OTHER RESOURCES ARE THERE TO HELP ME QUIT SMOKING?

**State Quit Line:**

1-800-QUIT-NOW

**National Cancer Institute Quit Line:**

1-877-44U-QUIT

**Online resources:**

Smokefree.gov

CDC.gov/quit

foxchase.org/reconline

**Free texting program:**

SmokefreeTXT, to sign up text FOX to 47848



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