

Now is
the best time
to be tobacco
free!

811 is the
number to dial
for advice and
judgement-free
counseling to
quit smoking.
Call today and
quit for good.

Never quit
quitting!

tobaccofree.novascotia.ca

Where to get help

- your cancer care team
- your family doctor or nurse practitioner
- your pharmacist
- Tobacco Free Nova Scotia's 8-1-1 support line offers:
 - free
 - confidential and
 - non-judgemental advice on quitting

Visit tobaccofree.novascotia.ca

For help to quit, call

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This resource has been adapted from the "The Benefits of Quitting Smoking for People with Cancer" with the permission from Cancer Care Ontario, the Canadian Cancer Society Smokers' Helpline and CancerControl Alberta. It was approved by the Nova Scotia Cancer Patient Education Committee, February 2017. © Nova Scotia Health Authority. This information will be updated every 3 years, or as new clinical evidence emerges. NSCCP-0067 March 2019

Even After
a Cancer
Diagnosis

It's Never
Too Late
To Stop
Tobacco Use

The Benefits of
Quitting Smoking for
People with Cancer

tobaccofree.novascotia.ca

After any cancer diagnosis, quitting smoking is one of the best things you can do to help your cancer treatment.

Benefits of Quitting:

- better chance of successful treatment
- improves your health and your body's response to treatment
- fewer serious side effects
- faster recovery from treatment
- decreased risk of your cancer coming back or getting another form of cancer
- lower risk of infection
- easier breathing
- more energy
- better quality of life



Benefits of quitting before cancer treatment:

Radiation

- Radiation therapy works better if the level of oxygen in your body is normal. When you smoke, the level of oxygen in your blood drops, making it harder for radiation to do its job.
- If you can't stop smoking, avoid smoking before and after your radiation therapy.

Chemotherapy

- Chemotherapy drugs work better in people who don't smoke.
- Smoke has chemicals in it that reduce the blood level of some chemotherapy drugs, making them less effective.

Surgery

- Quitting smoking or reducing the number of cigarettes you smoke, can make surgery safer and help you recover more quickly.
- People who don't smoke are less likely to: have complications during or after their surgery; develop infections and are more likely to heal quickly; and may get better faster and go home sooner.

For more information contact Tobacco Free NS by calling 811, or visit tobaccofree.novascotia.ca

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Quitting tobacco use after being diagnosed with cancer may decrease the risk of dying by up to 30-40%. The benefit of quitting may equal, or exceed the value of the best cancer treatments.

(USDHHS Surgeon General's Report, 2014).

Where to start

Stopping or reducing tobacco use can be difficult. No matter what your level of tobacco use is, you can quit - and we are here to help.

Talk to your health care provider if you are trying to quit as your medication needs may change when you quit.

If you are interested in speaking to a Nicotine Addictions Specialist, you or your healthcare provider can call 8-1-1.

For more information on quitting after a cancer diagnosis, visit tobaccofree.novascotia.ca.