

QUITTING MATTERS START TODAY

We will refer you to the Michigan Tobacco Quitline to help you quit.

Expect a phone call from
1-800-QUIT-NOW (1-800-784-8669)

FREE for all cancer patients:

Free Drug Therapies

- Up to four weeks of nicotine patches, gum, or lozenges to help you quit

Free Coaching Services

- Four phone sessions
- A highly trained counselor will call to support you through the quit process

Free Ongoing Support

- Additional help between coaching sessions, 7 days a week, 24 hours a day
 - by phone
 - by text
 - by email

DIAGNOSED WITH CANCER?

QUITTING MATTERS

MICHIGAN CANCER CONSORTIUM
PO Box 30195
Lansing, MI 48909

www.michigancancer.org

Information in this brochure gathered from:
smokefree.gov
<http://www.michigan.gov/tobacco>

MOQC
MICHIGAN ONCOLOGY
QUALITY CONSORTIUM


Blue Cross
Blue Shield
of Michigan
A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association

MCC
Michigan Cancer Consortium
Your Michigan Cancer Information Resource



IT IS NEVER

TOO LATE
TO QUIT SMOKING

FACTS ABOUT QUITTING TOBACCO

Fact: The decision to quit is the most important decision you can make. Quitting tobacco gives you control over part of your cancer treatment and survivorship.

Fact: People who smoke at diagnosis have decreased survival, poor cancer treatment outcomes, increased side effects from treatment, and a poorer quality of life.

Fact: The benefits of quitting smoking far outweigh the discomforts of withdrawing from nicotine.

Fact: There are several medications that can help you cope with nicotine withdrawal and increase your chances of overcoming your nicotine addiction.

Fact: Doctors and other health care team members can provide support, information, and any necessary drug therapies to help you quit.

THE DANGERS OF CONTINUING TO SMOKE

- Cancer treatments less likely to be successful
- More side effects from surgery and a slower recovery time
- More side effects from chemotherapy, such as infection and heart and lung problems
- More side effects from radiation therapy, including short-term and long-term complications
- Increased chance of the cancer returning
- Increased risk of other serious illnesses, such as heart and lung diseases or getting a second cancer

QUITTING MATTERS START TODAY

The Michigan Tobacco Quitline will help you with your plan to quit. Here is some advice to help you quit:

- Set a quit date now, prior to the start of cancer treatment
- Talk with your provider about which approach will be best for you
- Choose a buddy – encourage loved ones to quit
- Tell family/coworkers you are quitting tobacco and request their support
- Remove all tobacco products from the home
- Anticipate difficulties quitting, especially during the first few weeks:
 - Avoid triggers
 - Change habits associated with smoking
 - Find new activities you enjoy