

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>





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