



Use of tobacco/cigarettes/vaping

Online version with active resource links at: <http://cancer-help.me/cigarettes>

Addicted to nicotine?

If you have been diagnosed with cancer, quitting smoking, vaping or chewing is one of the best ways to improve the chances of successful cancer treatment. People who use tobacco products can be helped to quit. Quitting can have immediate and long-term benefits.

It is never too late to stop using tobacco.

Regardless of your age, people who quit smoking or vaping have substantial gains in life expectancy, compared with those who continue to smoke.

Quitting smoking can be difficult, you may need to try several times before successfully quitting. Your health care team can help you with treatment options and resources.

Quitting is always possible.

Addition Information on tobacco/nicotine and Help for Quitting Smoking:

- American Cancer Society 800-ACS-2345
- American Heart Association 800-AHA-USA1
- American Lung Association 800-LUNG-USA

Content adapted from websites below.

Resources for Additional Information:

- [National Cancer Institute, Smokefree.gov](http://www.smokefree.gov)
- [NIH, NCI Where To Get Help When You Decide To Quit Smoking](http://www.nhi.gov)
- [NIH, NCI, Harms of Cigarette Smoking and Health Benefits of Quitting](http://www.nhi.gov)
- [ASCO Stopping Tobacco Use After a Cancer Diagnosis](http://www.asco.org)
- [Cancer.Net, How to Quit Smoking and Using Tobacco](http://www.cancer.net)
- [Cancer.Net, Stopping Tobacco Use After a Cancer Diagnosis](http://www.cancer.net)
- [American Cancer Society, Tobacco and Cancer](http://www.americancancer.org)
- [CDC, Smoking & Tobacco Use](http://www.cdc.gov)
- [American Lung Association, Smoking Facts](http://www.lung.org)
- [CancerCare.org, Veterans Living With Cancer: Resources and Support](http://www.cancer.org)

Recursos en Español:

- [NIH, Instituto Nacional Del Cáncer, Consumo de cigarrillo: riesgos para la salud y cómo dejar de fumar \(PDQ®\)](http://www.nih.gov)
- [Cancer.Net, Recursos para ayudarlo a dejar de fumar](http://www.cancer.net)
- [Cancer.Net, Dejar de consumir tabaco después de un diagnóstico de cáncer](http://www.cancer.net)
- [American Cancer Society, Tabaco y cáncer](http://www.americancancer.org)
- [American Cancer Society, Cómo dejar de fumar o de consumir tabaco que no produce humo](http://www.americancancer.org)