

# 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:

### ✓ Drug Therapies

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

### ✓ Coaching Services

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

### ✓ Ongoing Support

- Additional help between coaching sessions, 7 days a week, 24 hours a day



## 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.

**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.



**Quit Smoking. It Matters.**

Michigan Cancer Consortium  
PO Box 30195  
Lansing, MI 48909

[www.michigancancer.org](http://www.michigancancer.org)

Information in this brochure gathered from:

[smokefree.gov](http://smokefree.gov)

<http://www.michigan.gov/tobacco>

## DIAGNOSED WITH CANCER?

## IT'S NEVER TOO LATE TO QUIT SMOKING

**It Matters**

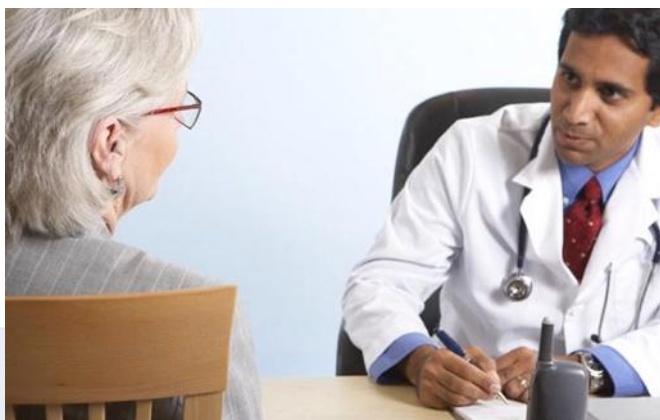


**QUITTING ISN'T EASY, BUT  
THIS INFORMATION CAN  
HELP YOU SUCCEED.**

It is never too late to quit smoking.

## DANGERS OF CONTINUING TO SMOKE:

- 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



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## Quitting Matters, Start Today

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

### Your Plan to 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 use and request their support
- ☐ Remove 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