

I've Got Cancer – Why Quit Smoking?

You have a cancer diagnosis. Why stop smoking now? Here are four reasons: Research supports that smoking can:

1. make cancer treatment less effective,
2. leave cancer patients less able to tolerate cancer treatment,
3. increase the risk of complications from cancer treatment, and
4. increase the risk of developing another cancer.

If you have been diagnosed with cancer, quitting smoking can give you the best chance for your cancer treatment to work.

Benefits of smoking cessation:

For Cancer Treatment

- Best chance for cancer treatment to work.
- Better tolerance of cancer therapy side effects.
- Improves wound healing after biopsy or surgery.
- Enhances quality of life.

For Cancer Recurrence

- Lowers the risk of cancer recurrence.

For Second Cancers

- Reduces the chance of developing lung cancer, head and neck cancer, esophageal, bladder, or other cancers.
- Allows the immune system to focus on preventing cancer instead of coping with the effects of smoking.

Visit our website for more information about support groups, clinical trials and lifestyle information.
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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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