



Can smoking and using tobacco before and during cancer treatment affect my health?

Yes, it can:

- delay healing
- make your recovery time longer
- decrease how well your treatment works
- make your side effects worse

Can smoking and using tobacco affect my risk for cancer, even if I have cancer already?

Yes. Smoking and using tobacco when you have cancer can cause:

- your cancer to come back (recurrence)
- cancer to grow in a different part of your body

This can happen even if your first cancer was not caused by smoking or using tobacco.

How do smoking and using tobacco cause cancer and other diseases?

Cigarettes and tobacco products contain many harmful chemicals that can:

- cause abnormal changes in how cells in your body grow and function
- damage many organs
- make your immune system weak

What supports are available to me?

- **In person, telephone or online counseling.**

Counseling may make it easier for you to quit smoking. It can help you deal with stress, understand why you smoke, and help you manage mood changes.

- **Medications.** There are different types of medications that can be used to help with cravings and symptoms of quitting. In some cases, medication coverage may be available to help with some or all of the cost.

Please speak to one of your cancer care team members for more information or
call 811 or visit
www.gov.nt.ca/tobacco