



Now is the  
best time to be  
tobacco free!

811  
is number to dial for  
advice and  
judgement-free counseling  
to quit smoking.

**CALL TODAY AND  
QUIT FOR GOOD.**



Never quit  
quitting!

## Where to get help

- Your cancer care team
- Your family doctor, nurse practitioner, or community health nurse
- Your pharmacist
- Call 811:
  - confidential and
  - non-judgemental advice on quitting

**For help to quit,  
call 811**

Adapted with permission from Nova Scotia Health Authority's Nova Scotia Cancer Care Program.

Production of this resource has been made possible through financial support from Health Canada through the Canadian Partnership Against Cancer.

Government of  
Northwest Territories



**Even After  
a Cancer  
Diagnosis**



**It's Never Too  
Late To Stop  
Tobacco Use**



**The Benefits of  
Quitting Smoking for  
People with Cancer**

**After any cancer diagnosis, quitting smoking is one of the best things you can do to help your cancer treatment.**

## Benefits of Quitting

- better chance of successful treatment
- improves your health and your body's response to treatment
- fewer serious side effects
- faster recovery from treatment
- decreased risk of your cancer coming back or getting another form of cancer
- lower risk of infection
- easier breathing
- more energy
- better quality of life

## Benefits of quitting before cancer treatment

### RADIATION

- Radiation therapy works better if the level of oxygen in your body is normal. When you smoke, the level of oxygen in your blood drops, making it harder for radiation to do its job.
- If you can't stop smoking, avoid smoking before and after your radiation therapy.

### CHEMOTHERAPY

- Chemotherapy drugs work better in people who don't smoke.
- Smoke has chemicals in it that reduce the blood level of some chemotherapy drugs, making them less effective.

### SURGERY

- Quitting smoking or reducing the number of cigarettes you smoke, can make surgery safer and help you recover more quickly.
- People who don't smoke are less likely to:
  - have complications during or after their surgery;
  - develop infections and are more likely to heal quickly;
  - and may get better faster and go home sooner.

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## Where to start

Stopping or reducing tobacco use can be difficult. No matter what your level of tobacco use is, you can quit - and we are here to help.

Talk to your health care provider if you are trying to quit as your medication needs may change when you quit.

If you are interested in speaking to a trained cessation counselor, you or your healthcare provider can call 811.

For more information on quitting after a cancer diagnosis visit [www.gov.nt.ca/tobacco](http://www.gov.nt.ca/tobacco)

Quitting tobacco use after being diagnosed with cancer may decrease the risk of dying by up to 30-40%. The benefit of quitting may equal, or exceed the value of the best cancer treatments.

(USDHHS Surgeon General's Report, 2014).