

Quitting smoking is one of the best things you can do to help your cancer treatment.

Quitting smoking also reduces the chance of your cancer coming back or getting another form of cancer. Whether you are scheduled to have surgery, radiation treatment or chemotherapy, quitting smoking will help you.

RADIATION THERAPY

- 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. If possible, try to quit at least 6 to 8 weeks before your operation. But quitting at any time is helpful.
- People who don't smoke:
 - Are less likely to have complications during or after their surgery .
 - Are less likely to develop infections and are more likely to heal quickly.
 - May get better faster and go home sooner.

Tips to help you quit

The 4 Ds

You can learn how to avoid tobacco by using the 4 Ds:

DELAY	Cravings often go away within 3 to 5 minutes so try to wait it out.
DRINK WATER	Instead of reaching for tobacco, reach for a glass of cold water.
DISTRACT	Find something to keep your mind and hands busy.
DEEP BREATHING	It can help you relax and push away the urge to smoke.

Don't give up and don't be hard on yourself

Smoking is an addiction and something you may do as part of your daily routine. It's common for people to have slip-ups. Don't give up and don't be hard on yourself. If you do slip up:

- **Change the situation.** Avoid or leave places or situations you connect with smoking.
- **Think positively.** Think about how far you've come and do your best to keep going.
- **Take action.** Do something that makes it hard to smoke. For example, chew gum, drink some water, or go for a walk.
- **Ask for help.** Talk to a friend, family member or your cancer care team.
- **Don't quit quitting.** Quitting is possible and you can do it.

Adapted with permission from Cancer Care Ontario.

THE BENEFITS OF Quitting Smoking for People with Cancer



You can quit smoking!

How you can do it

The best way to quit smoking is using both counselling and medication, which can triple the chance of success. Start by talking to:

- Your cancer care team - ask about quit smoking services or counselling.
- Your family doctor, nurse practitioner, or community health nurse.
- Your pharmacist.
- Your local community health centre.
- A registered nurse at 811.

NICOTINE REPLACEMENT THERAPY (NRT)

- NRT comes in many forms including patches, gum, lozenges, mouth spray or inhalers.
- Using NRT can double your chances of quitting by reducing nicotine cravings and withdrawal symptoms.
- NRT is sold in pharmacies and some stores. Talk to your health care provider about getting a prescription.
- Talk with your health care providers if you want to try NRT. They can help you learn how to use it or look at ways to make it work better.
- All NWT residents have access to NRTs. Coverage is available with personal health insurance, through NIHB, or through the Health Services Administration Office at 1-800-661-0830.

NON-NICOTINE PRESCRIPTION MEDICATION

- Two prescription drugs are available to help reduce nicotine cravings and prevent relapse: varenicline (Champix®) and bupropion (Zyban®).
- These drugs require a prescription, from a doctor, nurse practitioner or pharmacist.
- All NWT residents have access to smoking cessation aids.
- Talk with your health care provider to see if these medications may be helpful for you.

SELF-HELP GUIDES

You can get self-help brochures and factsheets from:

- Your cancer care team.
- 811's registered nurses or by visiting www.gov.nt.ca/tobacco.
- Tell your health care team if you're trying to quit. Your medication needs may change when you quit.
- Some people may use acupuncture, laser therapy, hypnosis, herbal remedies or e-cigarettes to quit smoking. At this time there is little research to show whether these methods are safe or really work.

COUNSELLING

- Some people find it helpful to meet with a quit smoking counsellor or coach in person or by phone.
- Ask about quit smoking programs or services at your cancer treatment centre or hospital.
- Helplines, like 811 more than double the chance of quitting.



Other Important Benefits of Quitting

- It reduces the chances of your cancer coming back or getting another form of cancer.
- It helps you feel better:
 - Within 20 minutes of your last cigarette, your heart rate and blood pressure will begin to drop.
 - Within 2 days your lungs and heart will be healthier.
 - Within 3 months, your lung function will be better.
 - In 1 year, your risk of heart disease is cut in half.