

## Why quit smoking after a cancer diagnosis?

- You become an active partner in your own healthcare outcomes
- You may live longer, and decrease the risk of cancer recurrence, or developing new cancers
- Effectiveness of radiotherapy can improve in certain types of cancers
- Increased healing of surgical wounds, and reduced risk of infection. Quitting also decreases the need for rehabilitation to improve breathing following surgery.
- Your heart and lungs will function better
- More oxygen getting to all parts of your body improving the healing and recovery process
- Reduced pain severity and physical symptoms
- Improved appetite, sleep and energy levels.
- Quitting reduces symptoms related to chemotherapy toxicity such as infection, and heart, stomach or breathing problems
- Emotional well-being, greater self-esteem, and your quality of life could improve as well
- Your quit may motivate others to quit as well

*Be sure to ask your oncologist about the personal benefits of quitting tobacco for your specific cancer and treatment plan. Quitting smoking has important health benefits for anyone with cancer. It doesn't matter whether you have been recently diagnosed, are having treatment, are recovering from treatment, or are a long-term cancer survivor - quitting tobacco can be one of the most important things you can do to improve your health.*



[www.makeapact.ca](http://www.makeapact.ca)  
[www.skpharmacists.ca](http://www.skpharmacists.ca)

**Who will you make a  
PACT for today?**



**QUITTING NOW  
COULD  
MAKE A  
DIFFERENCE**

**Your Medical Team Can Help You Succeed!**

It's never too late to experience the benefits that quitting tobacco can provide. Your Medical Team can offer you support and information to get you started.

Talk to us about your plan.

## Benefits of Being Tobacco-Free

- I'll know that I did all that I could to reduce the risks of continuing to smoke or chew tobacco
- My friends and family will be healthier
- My heart and lungs will function better
- I'll have fewer complications with my treatment plan
- I'll have more energy
- I'll have more natural cancer fighting cells in my body

**QUITTING TOBACCO IS ONE OF THE BEST THINGS YOU CAN DO TO IMPROVE YOUR HEALTH.**

**Yes...**

*I'm ready to make a PACT to quit tobacco!*



## Steps for Success

### My Personal Quit Plan:

- I would like to attend the information session offered through the clinic.  
Date of next info session is: \_\_\_\_\_
- I would like to attend the next group session starting on: \_\_\_\_\_
- I would like to make a private appointment with a PACT professional to discuss my options.  
*To locate a PACT provider, please enter the town or city where you live in the PACT Locator on the following website - [www.makeapact.ca](http://www.makeapact.ca)*
- I would like to discuss my options with my medical team
- I would like to contact **Smokers' Helpline** for assistance – 1-877-513-5333

### Preparing to Quit:

- I have watched the informational videos
- I have set the following quit date:  
\_\_\_\_\_
- I have reduced my smoking/chewing
- I have asked for support from these friends and family members:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- I have made my home and car tobacco free zones

## Simple Quit Tips and Tricks

- **manage cravings**
  - chew on a toothpick
  - drink water
  - go for a walk
- **stress relief**
  - deep breathe
  - be as physically active as possible
  - meditate
  - organize days to avoid tension especially around quit time
- **environmental control**
  - make smoke-free zones
  - clean and deodorize your home or car
  - put a picture of a loved one where you kept your cigarettes
- **social support**
  - remind your friends and family that you are quitting and ask for their support
  - give friends and family specific examples of how they can support you
  - enlist a quitting buddy
- **thought management/motivation**
  - visualize yourself as a nonsmoker
  - close your eyes and picture yourself cancer-free
  - reward yourself with the money you saved
- **socializing**
  - prepare and rehearse a standard line for refusing cigarettes.

### OTHER RESOURCES

Smokers' Helpline 1-877-513-5333 [www.smokershelpline.ca](http://www.smokershelpline.ca)  
Canadian Cancer Society [www.cancer.ca](http://www.cancer.ca)