

Mass General Cancer Center Smokefree Support Service

10 Reasons for Cancer Center Patients to Quit Smoking

Quitting smoking is one of the most important things you can do to improve your health. Some of the benefits start right away! Quitting has important health benefits for anyone with living with cancer, actively going through treatment, or recovering from treatment. If you've tried to quit before, you now have an important opportunity to try again.

How can quitting smoking help me heal better from cancer treatment?

Quitting:

- may help those diagnosed with cancer live longer and decrease the chance of cancer coming back (recurrence) or of developing new cancers
- reduces symptoms related to chemotherapy toxicity such as infection, and heart, stomach or breathing problems
- improves the healing of surgical wounds and lowers the chance of infection after surgery
- decreases the need for rehabilitation to improve breathing following surgery
- improves the effectiveness of radiotherapy for some types of cancer

How can quitting right now make me feel better?

- You become an active partner in your own cancer care or screening
- Quitting improves the functioning of your heart and lungs
- Quitting decreases physical symptoms and improves pain-control, appetite, sleep, and energy
- Patients who quit report better emotional well-being and quality of life
- Patients who quit feel more confident and in control

Ask your treatment team about the benefits of quitting smoking and the risks of continued smoking for your specific type of cancer and treatment plan.

The Mass General Cancer Center Smokefree Support Service can help! Studies show that a combination of medication and counseling support helps your chances of quitting and staying quit. You deserve to be as healthy as you can be. Email: mghccsmokefree@partners.org