



A guide for managing the quit process for cancer patients, survivors and their families.

Cancer treatment and quitting smoking

Quitline 13 7848
www.quitsa.org.au

Do you have cancer?

Quitting smoking is important.

Deciding to quit smoking while coping with cancer can be a significant challenge. This guide offers information for cancer patients, survivors and their families about managing the quit process as well as the health benefits of quitting.



Quitline 13 7848

While some people quit without help, many experience greater success with professional help and support. **Quitline 13 7848** is a free telephone counselling service available across Australia for the cost of a local call. If you need support with planning to quit or coping with withdrawal, then call **Quitline 13 7848** and speak to a trained Quitline counsellor.

Many people are now finding support for quitting with our new text messaging service Quit onQ. Register with Quitline 13 7848 or from the Quit SA website www.quitsa.org.au and you can design your own program of free text messages specifically tailored to help you where ever you are in the quitting journey.

The Quit SA booklets **Quit Because You Can** and **I'm giving it a go** may also be helpful. The Quit Because You Can booklet is available for download at www.quitsa.org.au or can be ordered online. Both booklets are also available on request from the reception desk at Greenhill Lodge or Flinders Lodge. Guests at Seaview Lodge should call 08 8291 4141 to request a copy.

The effects of smoking on cancer treatment and health

Research shows that smoking can have a detrimental effect on your ongoing health by:

- decreasing the effectiveness of cancer treatment and possibly aggravating treatment side effects
- increasing the risk of experiencing post-surgery complications
- increasing your risk of developing a secondary cancer post-diagnosis whether or not your first cancer is smoking related.

Evidence suggests that these outcomes can be reduced by quitting smoking, even if you have quit only recently. Cancer survival rates are twice as high for those who have stopped smoking, when compared to continuing smokers, and approach the level of non-smokers after two years 'smoke-free'.

The benefits of quitting

Whether you have been recently diagnosed, are receiving or recovering from treatment or you are a cancer survivor, it is never too late to quit smoking and enjoy the health benefits. Cancer patients who quit smoking can experience:

- a longer life through a reduced risk of cancer recurrence or secondary cancers
- more effective cancer treatment and reduced risk of infection following surgery
- reduced chemotherapy side effects such as infection and heart, stomach or respiratory problems
- decreased need for rehabilitation to improve breathing after surgery
- improved heart and lung function
- improvements in appetite, sleep and energy
- improved mental well-being and quality of life
- greater self-esteem and sense of control.

Is it time to quit?

It is important to consider your quitting options and choose the one most appropriate to you and your situation. Some smokers quit without help, while others are more successful with medication and professional support. Your best option may depend on whether you have attempted to quit in the past and what you found helpful at this time.

“Coping strategies will assist in quitting.”

Some patients receiving chemotherapy experience increased nausea when using smoking cessation medication. Those with oral cancers may be unable to use some forms of nicotine replacement therapy such as gum, an inhaler or lozenge. It is therefore important that you discuss your smoking history, cancer and treatment with your doctor when deciding which quitting option is best for you.

Coping strategies will also assist in quitting. These can include changing your routine, learning new ways to relax, avoiding tempting situations, pursuing activities that distract you from smoking and getting good support.

For more information and support, we encourage you to call **Quitline 13 7848** or visit www.quitsa.org.au

For assistance and information on quitting smoking call...


13 7848

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