

# SMOKING CESSATION, AN IMPORTANT PART OF CANCER CARE

Make a difference to your health and lifestyle

## How do tobacco dependency programs work?

Success comes from a great partnership between patients and their clinicians. Our comprehensive tobacco dependency program includes medications to overcome withdrawal symptoms, behavioral strategies to break habits that trigger smoking, strategic problem solving and social support to boost your chance of success.

## Quitting Resources

### Free Smoking Cessation Support Group

**Time:** Every Monday at 3 p.m.

**Location:** Sheri & Les Biller Patient and Family  
Resource Center, City of Hope  
1500 E. Duarte Road, Duarte, CA 91010

### LEARNING, SHARING, CARING.

Fellow quitters and ex-smokers are invited!  
Join us for an afternoon of friendship, food and fun!

**R.S.V.P. 626-256-4673, ext. 89114**  
or email [smokingcessation@coh.org](mailto:smokingcessation@coh.org)

**California Smoker's Helpline**  
**800-NO-BUTTS (800-662-8887)**

[www.smokefree.gov](http://www.smokefree.gov)  
**Mobile Text: SmokefreeTXT**  
**Smokefree Free Apps:**  
**quitguide, quitstart, quit right**

the **MIRACLE** of **SCIENCE** with **SOUL**  
 **City of Hope**®

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## Smoking cessation is a priority.

In order to provide the best care for you, your doctor has included smoking cessation as an important part of your cancer treatment and has referred you to City of Hope's Smoking Cessation Program. We are ready to support your effort and make this work for you. We are dedicated to partner with you.

## Why is it important to quit?

Continuing to smoke can reduce the effectiveness of cancer treatment. Tobacco smoke has over 7,000 chemicals. Smoking causes many types of cancers including lung, esophagus, larynx, mouth, throat, kidney, bladder, pancreas, stomach, colorectal, liver, cervix, breast, prostate and leukemia. It increases the risk and recurrence of a new cancer. It is also associated with COPD (chronic obstructive pulmonary disease), heart disease, stroke rheumatoid arthritis, autoimmune disease and diabetes.

By quitting smoking, your medications and treatments like surgery, radiation therapy, chemotherapy or transplants may work better, and you will heal faster and have fewer complications. It will bring you both immediate and long-term health benefits.

## What if I tried to quit and was unsuccessful?

Most people who have successfully quit have previously tried several times before finally achieving complete success. Even if you relapse, you are just one step closer to reaching your goal. There is no failure! Through research, we have learned how to make quitting easier and more effective. Our work together, along with your commitment to use the tools and strategies to quit smoking, can help you reach your goal to a smoke-free life.

***It may be hard to quit smoking, but it's not impossible.  
City of Hope smoking cessation experts are here to help.***



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To schedule a consult or for more information, please visit [CityofHope.org](https://www.cityofhope.org), call Sophia Yeung at (626) 256-4673, ext. 89114, or (626) 535-3983, or email [smokingcessation@coh.org](mailto:smokingcessation@coh.org).

City of Hope also offers lung cancer screening. Current or former smokers may be eligible for lung cancer screening. Please contact us for more information.