

Even After  
a Cancer  
Diagnosis

# It's Never Too Late To Stop Tobacco Use

**Can smoking and using tobacco before and during cancer treatment affect my health? Yes, it can:**

- delay healing
- decrease how well your treatment works
- make your recovery time longer
- make your side effects worse

**Can smoking and using tobacco affect my risk for cancer, even if I have cancer already?**

Yes. Smoking and using tobacco when you have cancer can cause:

- your cancer to come back (recurrence)
- cancer to grow in a different part of your body

This can happen even if your first cancer was not caused by smoking or using tobacco.

**How do smoking and using tobacco cause cancer and other diseases?**

Cigarettes and tobacco products contain many harmful chemicals that can:

- cause abnormal changes in how cells in your body grow and function
- damage many organs
- make your immune system weak

**What supports are available to me?**

- **In person, telephone or online counseling.** Counseling may make it easier for you to quit smoking. It can help you deal with stress, understand why you smoke, and help you manage mood changes.
- **Medications.** There are different types of medications that can be used to help with cravings and symptoms of quitting. In some cases, medication coverage may be available to help with some or all of the cost.

Adapted from the "Quit smoking to get the best from your cancer treatment" pamphlet with permission from the University Health Network Patient and Caregiver Education Program. It was approved by the Nova Scotia Cancer Patient Education Committee, February 2017. © Nova Scotia Health Authority. This information will be updated every 3 years, or as new clinical evidence emerges. NSCCP-0065 March 2019



Please speak to one of your cancer care team members for more information or contact Tobacco Free NS, call 811, or visit [tobaccofree.novascotia.ca](http://tobaccofree.novascotia.ca)