

SURVIVING *SmokeFree*

The Benefits of Staying Smoke-Free after Receiving a Cancer Diagnosis

1. Although you have received a cancer diagnosis, there are still many reasons as to why quitting smoking and staying smoke-free is beneficial to your health. It can improve your cancer outcomes and the way in which you handle your treatment.
2. Research has also shown that by continuing to smoke after a cancer diagnosis, your chemotherapy, radiation and surgical treatment can be less effective.
3. There are many immediate benefits of staying smoke-free:
 - Better treatment outcomes
 - Less complications from surgery
 - Less side-effects such as loss of taste, dry mouth and mucositis.
 - Less chance of infection
 - Improved wound healing
 - Fewer treatment complications
4. In addition to the immediate benefits, there are also long term benefits:
 - Better survival rates compared to smokers
 - Less chance of cancer returning
 - Less risk of developing another cancer
5. Receiving a cancer diagnosis can bring on feelings of stress and negative emotions that can make staying smoke-free especially difficult. Try other methods of coping such as deep breathing, going for a walk, or seek support from friends and family.
6. There are great resources available to help patients who are suffering from depression and anxiety such as support groups and medications. Speak to your healthcare provider about the options that are best for you.
7. Remind yourself how much you are improving *your health* and your *quality of life* by remaining smoke-free.