

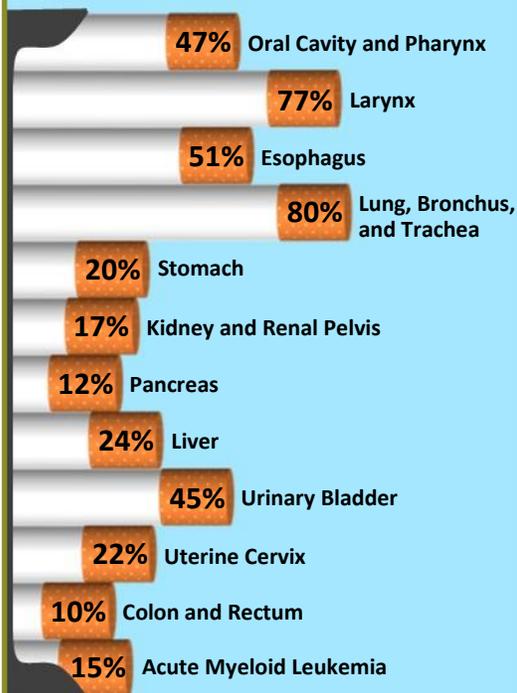
Caring for Cancer Survivors who use Tobacco



Tobacco use can cause many cancers throughout the body.

10% to 80%

of deaths from these tobacco-related cancers are caused by cigarette smoking:



RESOURCES
ABOUT
QUITTING

- Call 1-800-QUIT-NOW
- www.smokefree.gov
- www.cdc.gov/tips

What are the health risks for survivors who use tobacco?

Cigarette smoking not only causes cancer but also can negatively impact cancer treatment and survival. In the US, 9% to 18% of survivors smoke cigarettes. A higher percentage of survivors younger than 40 years smoke cigarettes compared with older survivors. Psychosocial factors, including distress, are associated with cigarette smoking among survivors.

Tobacco use among survivors can increase their risk for:

- Having poorer response or outcomes to treatment (treatment toxicity).
- Having their cancer recur.
- Developing a new [primary cancer](#).
- Dying from their [primary cancer](#) or from a [secondary cancer](#).
- Dying from other causes such as pneumonia and infection.

Quitting tobacco can improve a survivor's prognosis. Patients who receive advice about cessation from their provider are more likely to quit tobacco use.

Health care providers can help survivors quit tobacco use.

- Talk with survivors about the risks of tobacco use after a cancer diagnosis.
- Ask survivors whether they use tobacco products, encourage those who do to quit, and assess their willingness to quit.
- Help survivors quit by prescribing FDA-approved cessation medications and referring them to tobacco cessation counseling services, when indicated.
- Ensure that tobacco cessation medications and counseling services are outlined as part of a survivorship care plan, when indicated.
- Follow-up with survivors regularly about their tobacco use.
- Identify and address psychosocial issues as part of recommended distress screening, when indicated.

For more information about CDC's Cancer Survivorship initiatives, visit www.cdc.gov/cancer/survivorship/.

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

