



Stop Tobacco Use

We understand that it is very difficult for people to quit Tobacco. Tobacco use is an addiction, and it can be extremely challenging to quit, even under the best of circumstances.

Did you know that quitting is one of the best things you can do for your health? This holds true even after you have been diagnosed with cancer.

Some potential health benefits in the setting of a cancer diagnosis include:

- Better chance of successful treatment
- Fewer and less serious side effects from Surgery, chemotherapy and radiation
- Fewer Complications
- Faster Recovery
- Decreased chance of the Cancer returning

*These benefits can occur even if the cancer was not caused by smoking.

We understand the thought of quitting can be stressful. We are here to help. With the right type of treatment and support, it is possible to quit tobacco. Here are some support resources.

Here are some helpful resources:

Kickit California – kickitca.org

1-800-300-8086

This free program helps Californians stop smoking, vaping or using smokeless tobacco through proven science-based strategies. A coach will partner with you to craft a quit plan that is personalized to you. This service is available in several languages.

Second Breath – sharp.com/classes

1-800-82-SHARP (1-800-827-4277)

This free web-based program from Sharp Healthcare will guide you to becoming tobacco-free. During six-weekly webinar sessions, you will build skills in behavior changes, stress management and relapse prevention. They also provide long-term support and follow-up for all participants.

SmokeFree – smokefree.gov

This website from the national Cancer Institute provides information and resources about quitting smoking. It includes tips, plans, apps and text messaging programs for people at different stages of the quitting process. It also provides resources to help people support a loved one's attempts to quit smoking.