

Take the next step on your tobacco-free journey

Make the most of your referral to QuitNow

With your consent, as part of your treatment, BC Cancer has referred you to QuitNow, the free service that helps British Columbians quit or reduce smoking.

What to expect from QuitNow?

A few days after your referral, you will get a call from a Quit Coach to discuss your goals and what support will work best for you.

It's your choice. You may have one or two conversations, or a series of calls. On all calls, the Quit Coach will help you on your journey to reduce or quit smoking.

Coaches can help you:

- Plan your quit or reduction
- Overcome cravings
- Identify coping strategies
- Learn how to access nicotine replacement therapy or quit medications that are insured under PharmaCare
- Deal with slip ups or set backs (slip ups or set backs are a common part of quitting for most people)
- Access coaching in the language of your choice

The number from the Coach may display on your phone as a 1.800 number. If you miss the call, be sure to call back toll-free at **1.877.455.2233**.

What else does QuitNow offer?

You don't have to wait for the call to get started. Check out these other free 24/7 QuitNow services when you register online at **quitnow.ca**:

- Create a self-directed Quit Plan
- Join the Community Forum for peer support
- Register for a 3-month texting program tailored to your quit date
- Sign up for email tips customized to your quit date
- Chat with a Quit Coach for extra support, managing cravings or answering quick questions
- Register for group support sessions held over the phone with a Quit Coach

Aren't ready to register online?

For those ready to set a quit date in the next 30 days but don't want to register online, text **QUITNOW** to **654321** to receive motivational tips sent straight to your phone. It's a free 3-month program that you can cancel anytime by texting **STOP**.

Print materials

If you want print material to help with quitting, download at:

www.quitnow.ca/healthcare-providers/

Call QuitNow at 1.877.455.2233



Provincial Health Services Authority

The benefits of quitting smoking for people with cancer



Even after a cancer diagnosis, it's never too late to stop smoking

Benefits of quitting smoking while going through your cancer treatment:

- Better chance of successful treatment
- Improves your health and your body's response to treatment
- Fewer serious side effects
- Faster recovery from treatment
- Lower risk of your cancer coming back or getting another form of cancer
- Lower risk of infection
- Easier breathing
- More energy
- Better quality of life

“Quitting tobacco use after being diagnosed with cancer may decrease the risk of dying by up to 30-40%. The benefit of quitting may equal, or exceed the value of the best cancer treatments.”

(USDHHS Surgeon General's Report, 2014).

Quitting smoking is one of the best things you can do to help your cancer treatment

Radiation

- Radiation therapy works better if the level of oxygen in your body is normal. When you smoke, the level of oxygen in your blood drops, making it harder for radiation to do its job.
- If you cannot stop smoking, do not smoke before and after your radiation therapy.

Chemotherapy

- Chemotherapy drugs work better in people who do not smoke.
- Chemicals in cigarette smoke lower the amount of chemotherapy drugs in your blood. Chemotherapy cannot work as well.

Surgery

- Quitting smoking or smoking fewer cigarettes can make surgery safer and help you recover more quickly.
- People who quit smoking are:
 - Less likely to have complications during or after surgery
 - Less likely to have infections
 - More likely to heal faster and go home sooner

Where to start

Quitting smoking or smoking less can be hard, but no matter how much you smoke, we are here to help.

Talk to your BC Cancer health care team (all nurses are happy to refer you to the QuitNow quitline). Please advise the team if you plan to quit tobacco as your medication may need to be adjusted.

- Talk to your local pharmacist about the free NRT (nicotine replacement therapy) program through BC PharmaCare.
- Talk to your doctor about your intention to quit smoking before any of your treatment takes place. They will be fully supportive of your quit attempt.
- As part of your treatment with BC Cancer, you will be referred to a Quit Coach to help you create a plan that is right for you to quit smoking. Please see the reverse of this brochure for more information on the QuitNow services and how they can help.

**Call QuitNow at 1.877.455.2233
for more information or visit
www.quitnow.ca**