

LIVING HEALTHY AS A CANCER SURVIVOR: TOBACCO

A cancer survivor is a person who has cancer or had cancer in the past. They are considered a survivor for the rest of their life.

- There are both physical and emotional side effects of cancer and its treatment. They can affect survivors in different ways.
- Choosing healthy behaviors is important. You can lower your risk of getting cancer again through exercise, eating healthy foods and not being overweight.
- This document provides survivors with information on ways to live healthy after treatment ends. The document should not replace consultation with a health care provider. It is important that all survivors see their health care provider for regular medical care.

The Benefits of Living Tobacco Free

Smoking is the most common cause of preventable death and disease. It can be hard to quit and may take several tries. The decision to quit is the most important decision you can make.

Quitting can:

- Lower your blood pressure and risk of heart attack
- Stop damage to your lungs
- Lower your risk of getting cancer again
- Increase how fast cuts and other injuries heal
- Protect your family and friends from secondhand smoke



Michigan Tobacco Quitline Services

Michigan cancer survivors who would like help to stop using tobacco products, or staying tobacco free, can contact the Michigan Tobacco Quitline. Contacting the Quitline is confidential.

The program is available 7 days a week, 24 hours a day.

There is **no cost** to call and talk with a Quitline coach. They can provide information about:

- Support groups in your community
- Counseling
- Where to get helpful resources online or in your community

1-800-Quit-Now (1-800-784-8669)

<https://michigan.quitlogix.org/>



Handling Stress without Tobacco

Using tobacco is sometimes a way people handle stress in their life. There are ways to manage these feelings without using tobacco products.

- Find a fun way to exercise. Talk with a physical therapist about exercises that will fit with your lifestyle.
- Calm yourself with meditation, music, prayer or art.
- Volunteer in your community.
- Spend time outside as a way to relax and increase energy.
- Develop a plan for handling stressful situations that might come up.

Nicotine Replacement Options

The benefits of quitting smoking and using other tobacco products outweigh the discomfort of withdrawing from nicotine.

- Talk to your health care provider about medications that can help you cope with nicotine withdrawal.
- Electronic cigarettes (e-cigarettes) are a tobacco product and not a safe replacement for smoking. They are not approved by the Food and Drug Administration (FDA) for quitting tobacco.

Helpful Resources for Survivors

- Visit Smokefree.gov for more information on remaining tobacco free as a cancer survivor.



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