

Quitting smoking or vaping is one of the best things you can do after being diagnosed with cancer, during treatment and recovery.

**Quitting can have immediate health benefits including improving your quality of life and treatment outcomes.**

It's normal for people to have several quit attempts before quitting for good.

The good news is you don't have to do it on your own. With the right advice, supports and tools you can improve your chances of successfully quitting.



## Take the first step today

We know it's a difficult time, and there is a lot on your mind. We also know quitting smoking or vaping is hard. The good news is you don't have to do this alone – we're here to help.

### NSW Quitline opening hours:

Monday to Friday: 8am to 8pm

Saturday: 9am to 5pm

Close Sunday and public holidays.



#### iCanQuit

Helps you quit smoking or vaping with tools that work for you.

 [iCanQuit.com.au](https://www.icanquit.com.au)



#### Pave

A free mobile app to help young people quit vaping.

 [Download Pave](#)



#### NSW Quitline

Free phone counselling to help you quit smoking or vaping.

 [Call 13 7848](tel:137848)



#### NSW Quitline for Aboriginal people

Yarn about quitting smoking or vaping.

 [Call 13 7848](tel:137848)

# Quitting after a cancer diagnosis

**It's never too late to stop smoking or vaping.**



[iCanQuit.com.au](https://www.icanquit.com.au)



## Benefits of quitting after a cancer diagnosis

### Help your cancer treatment work better

Quitting can improve effectiveness of some cancer treatments.

### Reduce treatment side effects

You are less likely to develop side effects such as infection, tiredness, and nausea.

### Faster recovery from treatment and surgery

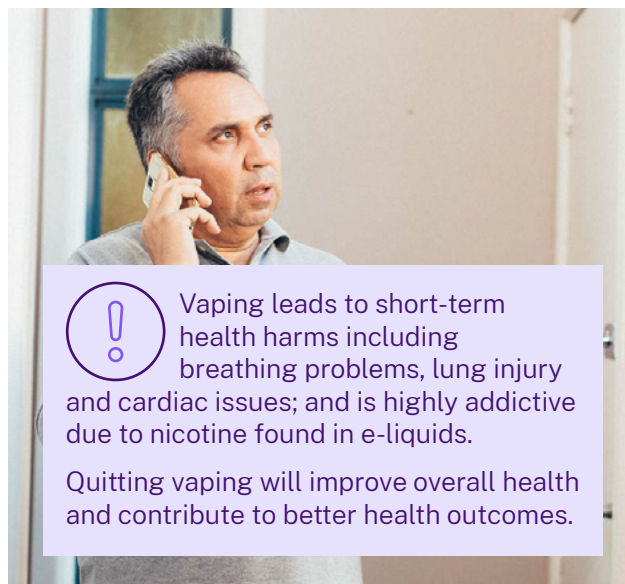
Your body will recover faster, and you may spend less time in hospital.

### Reduce the chance of your cancer coming back

Quitting smoking and vaping improves overall health. Quitting also lowers the chance of your cancer returning.

### Reduce the chance of developing another cancer

Quitting reduces your chance of developing new cancers in the future.



Vaping leads to short-term health harms including breathing problems, lung injury and cardiac issues; and is highly addictive due to nicotine found in e-liquids.

Quitting vaping will improve overall health and contribute to better health outcomes.



## Talk to a health professional

If you smoke or vape, it's important to discuss this with a health professional.

This can improve your quality of life, impact treatment plans and outcomes. They can talk to you about the right supports to quit including quit medications and nicotine replacement therapy (NRT).

**All patients who smoke or vape will be referred to NSW Quitline for free, confidential advice and support.**

**Quitline 137848**

## Speak to a Quitline counsellor

Quitline counsellors can:

- give you expert advice, encouragement and support to help quit
- talk with you about different ways to quit
- help you manage cravings and withdrawal symptoms
- offer free resources and tools
- give advice on NRT
- arrange regular follow-up calls
- offer support and information for your family and friends.

