

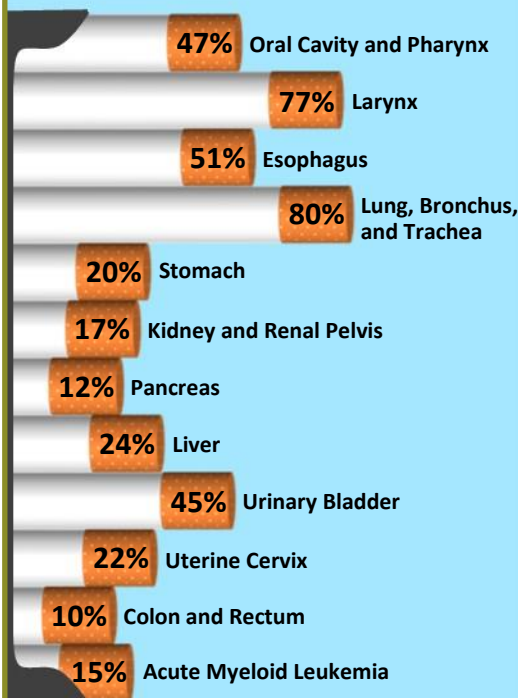
# Caring for Cancer Survivors who use Tobacco



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](http://www.smokefree.gov)
- [www.cdc.gov/tips](http://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/](http://www.cdc.gov/cancer/survivorship/).

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

