



Want to Quit Smoking?

Get help from Dana-Farber's tobacco-cessation program

If you smoke or use tobacco products, it's never too late to quit. You can gain benefits from quitting at any time, even after a cancer diagnosis.

- **Quitting tobacco products is one of the most important things you can do for your health.** Studies show that smokers who quit are more likely to successfully recover from cancer treatment compared to patients who keep smoking. Nonsmokers may also experience fewer side effects from treatment.
- **Quitting tobacco also matters after treatment,** because using tobacco products can increase your risk for cancer recurrence and secondary cancers.

How We Can Help

Dana-Farber's tobacco-cessation program provides free, one-on-one tobacco counseling by phone for patients at our Longwood, Chestnut Hill, and South Shore campuses. Counseling is available in English and Spanish.

- **You'll talk with a tobacco-cessation counselor about helpful strategies for quitting** and other potential options that may help, including nicotine replacement therapy and FDA-approved medications to help you quit tobacco.
- **Our tobacco-cessation support is tailored to your needs.** The number of times you'll talk with a counselor can vary depending on your goals and needs, but typically includes up to 11 sessions spread out over 6 months. Each session lasts around 30 to 45 minutes.
- **Whether you smoke every day, socially, or recently quit, we can help you set and reach your tobacco-related goals.** We can help you identify and avoid potential triggers for smoking, and practice strategies for managing stress.

To join the program, ask a member of your Dana-Farber care team for a referral to our tobacco-cessation counselor. If you have questions, email dfciadultsurvivors@dfci.harvard.edu or call **617-632-4523**.