Tobacco Cessation Program for Cancer Patients and Survivors

Tobacco is a leading cause of cancer and preventable death in the United States. It is never too late to quit. Stopping tobacco use can help improve your health and your chances of a successful cancer treatment. Dana-Farber is a smoke-free campus, inside and out.

The goal of this program is to provide support and to cancer patients who are actively working towards becoming smoke-free.

- Smoking leads to disease and disability and harms nearly every organ of the body
- Harmful chemicals such as Nicotine, Lead, Ammonia and Carbon Dioxide are just some of the chemicals found in tobacco products
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

How our program works:

Tobacco use is usually an addiction. It can be hard to quit, and often takes many tries. Some people can stop on their own, but research shows that people who have help are more likely to succeed.

DFCI Tobacco Cessation Counseling: What we offer our patients

- All tobacco products are covered (ex. combustible cigarettes, E-cigarettes, vapes, cigars, pipe, smokeless tobacco, etc.)
- Any patient who is in active treatment or early survivorship at Longwood/Chestnut Hill who is interested in becoming smoke free is eligible
    - Patients at satellites may receive information about tobacco cessation
- Patients can connect with our program at any stage of treatment
- Neither vaping or marijuana are covered in our program

The program is free & voluntary

- **Up to 11 Counseling Sessions (30-45 min each)**
    - First 4 sessions- weekly
    - Sessions 5-8- every other week
    - Sessions 9-11- monthly
- **Education and access to smoking cessation medications**
- **Tools and strategies to help patients become and stay smoke-free**

What to expect in a Tobacco Cessation Session

- Check-in on your cancer care and overall health
- Update on your smoking/ tobacco use
    - Importance/ confidence level
    - # of days in the last week that you have smoked
    - # of cigarettes per day (+/-)
    - Any stressors, triggers, or cravings
- Each session has a specific topic: Stress management, slips and relapse, social supports, stigma and negative self-talk, deep breathing exercises
- Wrap up: Discussion of what you will work on between sessions

Medications

Nicotine replacement therapy products

- Patches, gum, lozenges, inhaler, nasal spray
    - The inhaler and nasal spray require a prescription.

FDA approved medication (needs RX)

- Varenicline/Chantix
- Bupropion/Zyban/Wellbutrin

It is important to talk with your provider before taking any of these products to avoid interactions with your other medications.

Resources outside of Dana-Farber

- **Massachusetts Tobacco Cessation and Prevention Program:** Call the Massachusetts Smokers' Helpline at 1-800-QUIT-NOW (800-784-8669) for free counseling and other support: **http://makesmokinghistory.org/**
- **American Cancer Society:** Find a free telephone-based program in your area by calling the society at 1-800-227-2345, or visit cancer.org and search for "How to Quit Smoking." **https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html**
- **National Cancer Institute**: Offers free, confidential information and support for quitting. Call the NCI smoking quitline at 1-877-44U-QUIT (1-877-448-7848) or visit **https://smokefree.gov/**

There are support groups, online communities, and smartphone apps to help people reach their stop-smoking goals. The American Cancer Society and National Cancer Institute offer apps with tips, encouragement, and tools to track goals.

For more information: Check out the information on Tobacco Cessation on our Survivorship patient website: **https://adultsurvivorship.dana-farber.org/tobacco-cessation.html**

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