

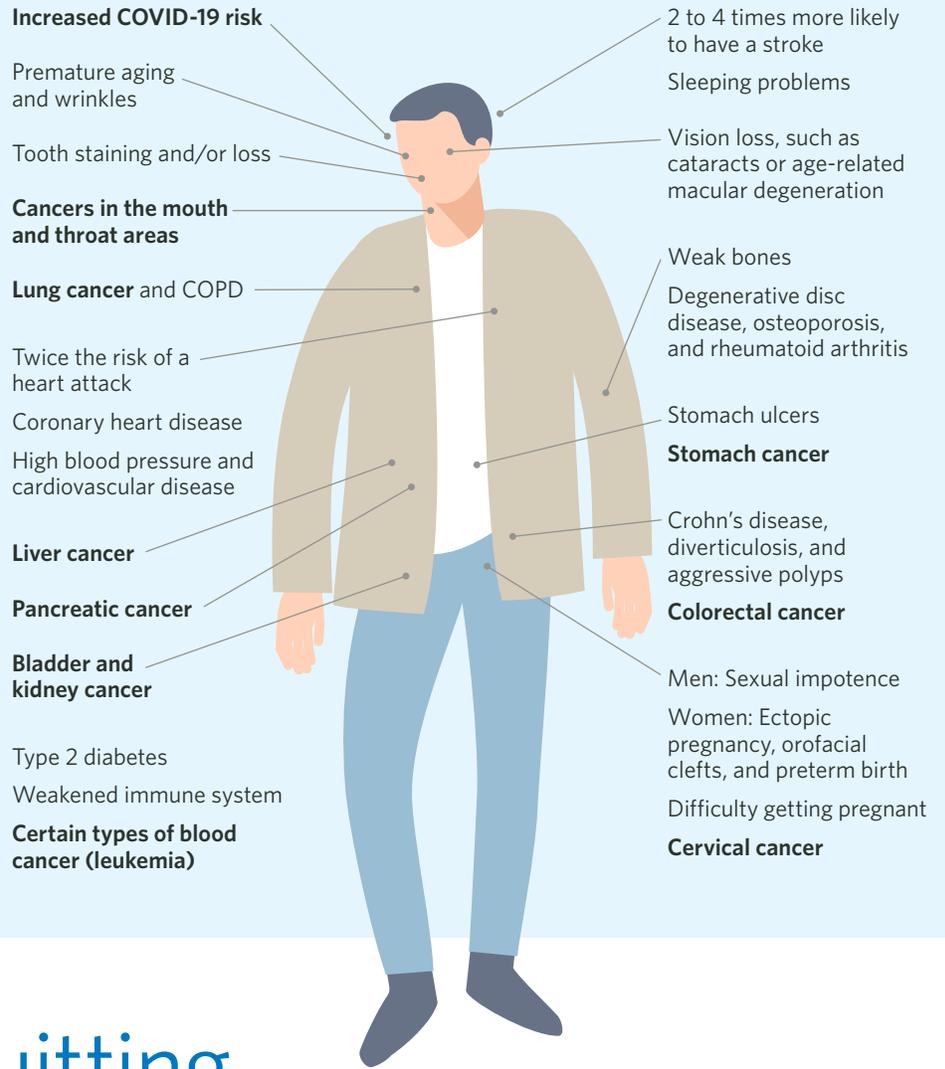


CITY OF HOPE
TOBACCO
CESSATION
PROGRAM

Tobacco — Harmful and Toxic

Tobacco products like cigarettes and e-cigarettes contain toxic chemicals that lead to diseases like cancer, heart disease and stroke. Nicotine is highly addictive and promotes depression and anxiety.

Each year, smoking causes more than 480,000 deaths, including deaths from second-hand smoke. Second-hand smoke causes the same health hazards to your family and pets.



Benefits of Quitting

By quitting smoking, you can eliminate:

7,000+ chemicals and carcinogens, including hydrogen cyanide, formaldehyde, lead, arsenic, benzene, radioactive materials, carbon monoxide and ammonia

Benefits of quitting start right away. Your body feels better and works better.

Regain your freedom from smoking. Food tastes better, air smells fresher and you save money.



Quitting tobacco is an important part of your cancer treatment.

It is never too late to stop using tobacco!

Your medications and treatments like surgery, radiation therapy, chemotherapy, immunotherapy or transplants will work better.



You will heal faster and have fewer complications. People who quit smoking after a cancer diagnosis live longer, have more successful treatment, fewer treatment side effects, recover faster and have improved quality of life.

The risks of the cancer recurring or getting a new cancer can be reduced.



Even when people are reaching their last days, stopping tobacco use can improve quality of life.

It may be hard to quit smoking, but it's not impossible.

City of Hope tobacco cessation experts are here to help!



What we know about e-cigarettes and vaping

Many people use vaping or e-cigarettes as a "safer" smoking substitute, but the Food and Drug Administration (FDA) has not supported or endorsed that vaping is safer or that it should be used as a stop smoking tool.

In fact, vaping delivers a unique set of toxic substances that cause illnesses including heart and lung diseases like EVALI (e-cigarette or vaping product use-associated lung injury).

Vaping for long periods is often linked to increase cravings, dual use (both cigarettes

and e-cigarette use), multisubstance use, and serious emotional and social problems.

Dual and multisubstance users are at increased risk by inhaling toxic substances from both smoking and vaping.

E-cigarettes have also flooded the marketplace with targeted youth advertising, creating a public health epidemic for the youth and their families. Studies found that youth who vape are three times more likely to become early smokers.

Tobacco Cessation in 6 Steps

1

Determine your reasons for quitting and make up your mind.

Set your quit day and make a plan.

2

3

Prepare yourself to overcome your tobacco use triggers and habits.

Be prepared to fight cravings by using appropriate quit aids and/or medications.

4

Get rid of smoking reminders to make things clean and fresh.

5

Look for extra help and support to quit.

6

What if I tried to quit and was unsuccessful?

Most people have tried many times to give up smoking. Sometimes relapse is just one step closer to success. There is no failure!

Through research, we have learned how to make quitting easier and more effective. If your spouse, family or close friends use tobacco, it is important to also let your doctor know. Our work, along with your commitment to use the tools and strategies to quit smoking, can help you reach your goal to a smoke-free life.

Ask about lung cancer screening

Lung cancer screening is fast, easy, painless and cost-effective. It offers lifesaving benefits of early lung cancer detection. Current or former smokers may be eligible for lung cancer screening. Please contact us for more information.

Your health care provider and the **City of Hope Tobacco Cessation Program** can be a valuable resource as you are trying to quit smoking.

City of Hope is prioritizing tobacco cessation as the fourth pillar of cancer care

The National Cancer Institute (NCI) launched the Cancer Center Cessation Initiative (C3I) as part of the NCI CANCER MOONSHOT program.



The NCI Cancer MOONSHOT C3I Tobacco Cessation Program team is committed to building a community of health care providers, researchers, patients, families and diverse communities to support tobacco cessation as a standard part of cancer care for all patients and as a priority for health promotion and wellness. It is the fourth pillar of best cancer care, beside surgery, radiotherapy and chemotherapy.

The C3I Tobacco Cessation Program offers tobacco use assessment, in-person and/or telehealth individual counseling, and Rapid Action Plan for relapses. We will support you with proper cessation medications to overcome withdrawal symptoms/cravings, behavioral strategies to break habits that trigger smoking, strategic problem solving and social support to boost your chance of success.

Free Virtual Cessation Support Group

We are here to make it easier and successful.

- Every Monday at 3 p.m. at [CityofHope.zoom.us](https://www.cityofhope.org/zoom)
- Meeting ID: 95674191143
Password: 040510
Or Phone: 415-762-9988 (U.S. toll)

Learning, sharing and caring — Fellow quitters and ex-smokers are invited!

More Resources

California Smokers' Helpline, including text messages and free materials:

- nobutts.org/free-services
- English: 800-NO-BUTTS
- Chinese: 800-838-8917
- Korean: 800-556-5564
- Spanish: 800-45-NO-FUME
- TDD/TYY: 800-933-4TDD
- Vietnamese: 800-778-8440

Smokefree.gov offers SmokefreeTXT and mobile apps like Quit Plan, QuitGuide and quitSTART.



Contact City of Hope's Tobacco Cessation Program today!

Phone: 626-256-4673, ext. 89114, or 626-535-3983

Email: smokingcessation@coh.org

Visit us at [CityofHope.org/tobaccocessation](https://www.cityofhope.org/tobaccocessation).



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