

# Tobacco-free Living: Part of Your Treatment for Cancer

## Facing a cancer diagnosis can be stressful.

- If you smoke, this can put you in a difficult situation.
- We appreciate how hard it can be to think about stopping smoking.
- Whether you are newly diagnosed, undergoing treatment, or are a cancer survivor, it is common to feel overwhelmed.

## It is never too late to stop smoking.

### People with cancer who stop can experience benefits, including:

- Easier breathing
- Less fatigue
- Better pain control
- Fewer and less serious treatment side effects
- Helping cancer treatments work better
- Lower risk of infection
- Faster recovery from treatment
- Feeling more in control of your life

### On the scales below, circle the numbers to show where you are today.

#### How *important* is it for you to stop smoking?

0      1      2      3      4      5      6      7      8      9      10  
Not at all important      Extremely important

#### How *ready* are you to stop smoking?

0      1      2      3      4      5      6      7      8      9      10  
Not at all ready      Ready



### The UCSF Fontana Tobacco Treatment Center can provide counseling and medication guidance to help you successfully stop smoking and stay tobacco free.

- One of our tobacco treatment specialists will call you soon.
- They will answer your questions and describe your options for smoking cessation counseling and support.

### You don't have to be ready to stop to talk with a tobacco treatment specialist.

- No one is going to pressure you to stop smoking.
- You may find we can provide you with helpful information and support as you go through your medical treatment.

**UCSF Fontana Tobacco Treatment Center**  
**415-885-7895**  
[www.ucsfhealth.org/tobaccotreatment](http://www.ucsfhealth.org/tobaccotreatment)