

OUR FACILITIES AND GROUNDS ARE SMOKE-FREE ENVIRONMENTS AS REQUIRED BY STATE REGULATIONS. WHILE YOU ARE A PATIENT OR VISITOR HERE PLEASE REFRAIN FROM SMOKING.



QUITTING IS HARD BUT YOU CAN DO IT!

Don't be afraid to ask for help. Ask your family and friends to support you. Ask your spouse or friends to give up candy or another habit in support of you.

TRY THESE WHEN TIMES ARE TOUGH

- Nibble on low-calorie snacks, suck on sugar-free candy or chew gum.
- Stretch out meals, eat slowly and pause between bites.
- After dinner, try a mint or a cup of tea.
- Take deep breaths and exhale slowly. Remember the desire to smoke will pass.

MISSION

A world free of cancer

VISION

To lead in transformative cancer care, research and education through courage, commitment and compassion

FOR MORE INFORMATION

**American Cancer Society
Guide to Quitting Smoking**
1-800-ACS-2345 • www.cancer.org

National Cancer Institute
1-877-44U-QUIT • www.cancer.gov

BARBARA ANN KARMANOS CANCER INSTITUTE

4100 John R, Detroit, MI 48201



YOUR BEST CHANCE.

1-800-KARMANOS | KARMANOS.ORG



QUIT SMOKING

WE'RE HERE TO HELP.



YOUR BEST CHANCE.

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REASONS TO QUIT SMOKING

1. Improves your response to therapy.
2. Improves the chance of survival.
3. Decreases the risk for cancer to come back.
4. Decreases the chance of getting another cancer.

At the Barbara Ann Karmanos Cancer Institute, we understand that it is the patient's choice to quit smoking. However, it is a fact that smoking increases the risk for almost every type of cancer, not just lung cancer.

Whatever your reason for quitting – cost, your health or for your loved ones – you have to make the choice to quit and do it for a reason that is important to you.

Most smokers try to quit several times before they are successful. Just because you have tried to quit before doesn't mean you won't be successful this time. In fact, those who have tried

to quit in the past know their triggers and are more successful than those who have never tried to quit before.

The good news is that anyone can quit with the right tools and support. Karmanos can help you choose the right smoking cessation method for you.

SMOKING IS NOT SOMETHING THAT ONLY AFFECTS YOU

Smoking is also harmful to the people around you, especially children. Second-hand smoke, or passive smoking, is linked to many diseases and health problems, including cancer, lung diseases, asthma, ear infections and increased illness in non-smokers.

SMOKING'S PERSONAL IMPACT

You are probably well aware that smoking is harmful to your health and your finances. Cigarettes contain over 60 cancer-causing agents. On average, a pack a day smoker in Michigan spends over \$2,300 a year on cigarettes.

WHAT ABOUT E-CIGARETTES/VAPES?

E-cigarettes/Vapes are not approved by the FDA as a quit smoking aid. E-cigarettes/Vapes usually contain nicotine and may have other harmful substances. There are other safe, proven and effective methods for quitting smoking.

KARMANOS CAN HELP YOU QUIT SMOKING

Michigan Tobacco Quitlink

1-800-QUIT-NOW (1-800-784-8669)

The Michigan Tobacco Quitlink, funded by the Michigan Department of Community Health, provides **FREE** information and referral services to Michigan residents who are ready to quit smoking. Services may include:

- Telephone coaches
- Individualized quit smoking plans
- Quit Guides and Tool Kits
- Assistance with obtaining medications for quitting

You can enroll by calling **1-800-Quit-Now** (1-800-784-8669) or registering online at: www.michigan.quitlogix.org



Please scan the QR code to learn more.

For additional support, please call the Patient & Community Education Department at **(313) 576-9288**.