

# Smoking Cessation Program

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Smoking is the biggest risk factor for lung cancer. But because nicotine is highly addictive, it can be difficult to quit smoking on your own.

Quitting smoking can reduce your risks for lung cancer: After 10 years of being smoke-free, a person's chances of developing lung cancer and dying from it are roughly cut in half, compared with someone who continues to smoke.

## Get Help to Quit Smoking

It is never too late to quit, and you do not have to go through this alone.

People who receive counseling, medication, or nicotine replacement have a much higher success rate as compared to those who try to go "cold turkey".

## Smoking Cessation Program

This program runs from the beginning of September to June.

Valley's Pulmonary Center of Excellence offers the Tobacco Education and Treatment Program to help you free yourself from smoking:

- Our counselors are specifically trained as tobacco treatment specialists.
- Weekly group meetings enable members to share their experiences, struggles and successes.
- Participants learn about common smoking triggers and successful quitting therapies, including medication and patches.
- Please call 201-447-8673 or email [smokingcessationprogram@valleyhealth.com](mailto:smokingcessationprogram@valleyhealth.com) to sign-up and to obtain information regarding this program.

# Smoking Cessation and Lung Cancer Treatment

If you have already been diagnosed with lung cancer, it is important for you to quit.

According to the National Cancer Institute research, patients with cancer who continue to smoke may:

- Reduce the effectiveness of their treatment
- Increase the likelihood of a second cancer

Continued smoking may worsen the side effects of treatment, putting you at increased risk for complications following your lung surgery and decrease your survival time.

## Health benefits of quitting smoking:

- Improves circulation
- Pulse rate and blood pressure return to normal range
- Sense of taste and smell return
- Breathing improves
- Reduces risk of developing lung infections, such as pneumonia
- Reduces risk of developing other smoking related diseases, such as heart disease and chronic lung diseases
- Become a better role model for family and friends
- Reduces the amount of second-hand smoke breathed in by those around you