

Benefits of Tobacco Cessation¹

20 minutes
after quitting



Your heart rate drops.

12 hours
after quitting



Carbon monoxide level in your blood drops to normal.

2 weeks -
3 months
after quitting



Your heart attack risk begins to drop. Your lung function begins to improve.

1-9 months
after quitting



Your coughing and shortness of breath decrease.

1 year
after quitting



Your added risk of coronary heart disease is half that of a smoker's.

5 years
after quitting



Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10-15 years
after quitting



Your risk of cancer decreases. Your risk of coronary heart disease returns to that of a nonsmoker's.

About Us

Tobacco Clinic Directors:

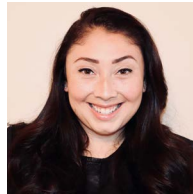


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Current as of 04/2020
Stanford Health Care Patient Experience/Health Education,
Engagement, and Promotion



Support to Quit Tobacco
at Stanford

Stanford Cancer Center Tobacco Treatment Service

FREE
counseling & support
through
telemedicine

Matthew Kendra, PhD

Jodi Prochaska, PhD, MPH

Stanford University School of Medicine

Stanford
Cancer Institute
A National Cancer Institute
Comprehensive Cancer Center

 **Stanford** MEDICINE



Tobacco Treatment Service at Stanford Health Care

Quitting tobacco can be challenging. The Tobacco Treatment Service at Stanford Health Care provides individualized counseling and medications to help patients become tobacco-free

We offer:

- One-on-one sessions to build motivation and develop an individualized treatment plan
- Mindfulness skills coaching
- Support and education
- Easy access to nicotine replacement and prescription cessation medications

For information, call or email:

650-285-9468

mauralau@stanfordhealthcare.org

Why Quit Tobacco?²

- Reduced treatment side effects (from surgery, radiation, and chemotherapy)
- Increased chance of successful cancer treatment
- Improved breathing to make movement and exercise easier.

Steps on Quitting

- 1. Choose the right day.**
Pick your day to go tobacco-free.
- 2. Keep occupied for the first 2-3 days.**
Spend time in non-smoking environments, call on family/friends, spend time with a pet, engage in hobbies and physical activities.
- 3. Remove tobacco triggers.**
Throw away all tobacco products and materials (e.g., ashtrays, lighters). Avoid stores that sell tobacco.
- 4. Seek support and medication.**
Reach out to Stanford's Tobacco Treatment Service for medication and support. It is a covered benefit for you and your family. You don't have to do it alone.

Breaking The Myths

Common Thoughts on Tobacco Usage	Facts
It's too late to quit.	It's never too late to quit. Going tobacco-free prevents secondary cancers and heart disease.
I don't want to use nicotine replacement products and get addicted to them.	Nicotine replacement helps you wean off the tobacco addiction.
Quitting will create stress and cause anxiety/depression that is bad for my health.	Nicotine withdrawal symptoms can be treated.
I tried quitting and failed. I will never be able to quit.	It takes most people multiple attempts before they quit tobacco for good.

¹ American Cancer Society (2018) <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>

² Kaiser, E.G., Prochaska, J.J., Kendra, M.S. (2018). Tobacco cessation in oncology care. *Oncology*, 95(3), 1-9. Doi: 10.1159/000489266

³ Peppone, L.J., Mustian, K.M., Morrow, G.R., Dozier, A.M., Ossip, D.J., Janelins, M.C., ... McIntosh, S. (2011). The effect of cigarette smoking on cancer treatment-related side effects. *The Oncologist*, 16(12). Doi: 10.1634/theoncologist.2011-0169

⁴ Surgeon General's Report on Smoking & Health (2014). https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf