

## Benefits of Tobacco Cessation<sup>1</sup>

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:

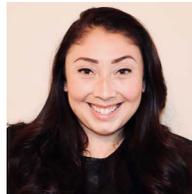


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Current as of 04/2020  
Stanford Health Care Patient Experience/Health Education,  
Engagement, and Promotion



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?<sup>2</sup>

- 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.

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

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

<sup>3</sup> 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

<sup>4</sup> Surgeon General's Report on Smoking & Health (2014). [https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf\\_NBK179276.pdf](https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf)