



**For Smokers Who Are
Not Ready to Quit**



You say you don't want to quit...

... and that's OK. We understand that not everyone who smokes may be ready to quit smoking or even want to quit smoking. Every person needs to make his or her own choice. We know that no amount of pressure from a family doctor, oncologist, friend, or family member can make a person want to quit smoking.

What we would like to do is provide you with up-to-date information that will help you make good decisions about your own health. As you and your Partnership for Health peer counselor start to explore different areas of your health and well-being, the two of you will have the chance to set goals together. This experience may help you begin to think about quitting smoking. And if you decide you're ready, your peer counselor will be there to help you take the next steps.

Did you know?

Adults who have had a childhood cancer or similar illness have the same kinds of worries and concerns about their health and lead similar kinds of lifestyles as other adults do.

But adults who have had a childhood cancer or similar illness have a special situation when it comes to the risks of smoking. Smoking can increase the likelihood of a person developing a new cancer - even if the first cancer wasn't in the lungs or even related to smoking. In fact, most smoking-related new cancers are not as curable as many childhood cancers.

Radiation treatment-while life-saving at the time - can set the stage for a new cancer in someone who smokes later in life. And smoking can increase the late effects of some chemotherapy drugs. ("Late effects" are the kinds of health problems that occur long after treatment ends.) This can mean increased risk of problems with your heart and circulation.

Giving some thought to quitting smoking means taking a big step toward protecting your own



health now. It can help to avoid a new cancer in the future. It also means protecting the health of your family and those around you by not exposing them to secondhand smoke.

“I took up smoking about a year after I finished treatment. Everybody who I spent time with smoked, so I did too. I wish I hadn’t started, but I didn’t know about the risk.”

Gina S., 25,
leukemia survivor

Are you physically dependent on cigarettes?

Some smokers aren’t sure if they are physically dependent on nicotine. To help figure it out for yourself, answer this question:

Do you smoke within 30 minutes of waking up in the morning?

Yes

No

If you answered “yes,” you may be physically dependent on the nicotine in cigarettes.

If you’re physically dependent on cigarettes . . .

Many people who have had a childhood cancer (or similar illness) and smoke do so for the same reason as other adults who smoke: they are addicted to the nicotine in cigarettes. While it can be difficult to overcome this addiction, it’s not impossible - and it’s getting easier with new and very effective therapies. If you do decide to quit smoking, your peer counselor can provide you with free nicotine patches.* He or she can also talk to you about other possible ways to overcome an addiction to nicotine.

* free nicotine patches made possible by a grant from SmithKline Beecham