



Smoking during cancer treatment

**Cancer treatment is tough...
Smoking can make it tougher**

**Quitting smoking during your cancer
treatment can:**

- improves your treatment effectiveness
- reduce your treatment side effects
- reduce your risk of infection
- improve your wound healing if your treatment involves surgery
- reduce risk of cancer returning and of new cancer
- improve your breathing and energy

**Remember it is never too late for you to quit smoking.
Help is available from the HSE Quit service.**



Surgery and smoking

- If you smoke you may have more complications from your surgery
- Your wound healing and recovery is slower and there is an increased risk of infection

Chemotherapy and smoking

- Your treatment may not work as well
- There may be an increased risk of heart and lung complications

Radiotherapy and smoking

- Smoking may reduce how well treatment works
- Side effects of treatment may be worse and last longer

The HSE provides free support, advice and stop smoking medications, including nicotine replacement therapy (NRT) to help you quit smoking.

To speak to a Stop Smoking Advisor or for more information on or tips and tools for quitting smoking:

Freephone: 1800 201203

Freetext: QUIT to 50100

Web: www.quit.ie