Quitting smoking is hard work... but it can be done. Millions of people just like you have become and are still former smokers.

We understand that quitting smoking is a very difficult habit for many people to give up, but quitting is a very important lifestyle change especially for patients undergoing cancer treatment. It is critical that cancer patients quit smoking after their initial diagnosis, as this has been shown to positively impact their response to treatments, decrease the likelihood that patients will develop second cancers, and increase rates of survival.

Smilow Cancer Hospital at Yale-New Haven offers a quit smoking program for our patients. The program aims to help patients quit by combining counseling and drug treatment.

The Smoking Cessation Service operates on the principles of Prospect Theory, which states that gain-framed messages that focus on the benefits of quitting.

Smoking Cessation Service
Quitting Tobacco is Hard

Stopping tobacco use is hard for two main reasons:
- The body becomes addicted to the nicotine in tobacco
- It is something that many tobacco users have been doing for a long time

Nicotine withdrawal can cause unpleasant symptoms such as cravings, irritability, restlessness, difficulty concentrating, and mood changes.

Our treatment strategies reduce nicotine withdrawal symptoms and help you cope with cravings and break the cycle of tobacco use.

Types of Treatment

Treatment can include safe, effective FDA-approved medications for tobacco such as:
- Nicotine replacement (patch, gum, lozenge, inhaler or nasal spray)
- Bupropion (Zyban)
- Varenicline (Chantix)

We provide individual counseling to help you:
- Learn other ways to manage stress/improve your mood
- Develop new and healthy daily routines

We focus on helping you stop tobacco use – on your timeline – and gain specific skills to prevent or handle “slips” and maintain your long-term goals.
Our program includes a multidisciplinary team of advanced nurse practitioners, psychologists, physicians, and research staff.

We tailor treatment to your individual situation and your tobacco use history.

Health Benefits of Quitting

Stopping tobacco reduces your risk for disease and early death. There are health benefits at any age. **YOU ARE NEVER TOO OLD TO QUIT.**

*Health benefits begin immediately,* including:

<table>
<thead>
<tr>
<th>Increased</th>
<th>Decreased</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood oxygen levels</td>
<td>Heart rate, blood pressure, chance of a heart attack</td>
</tr>
</tbody>
</table>

*Long term benefits,* include:

<table>
<thead>
<tr>
<th>Increased</th>
<th>Decreased</th>
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<tbody>
<tr>
<td>Lung health</td>
<td>Risk for lung cancer and many other types of cancer</td>
</tr>
<tr>
<td>Health of skin, teeth, gums</td>
<td>Heart disease risk</td>
</tr>
<tr>
<td>Fertility</td>
<td></td>
</tr>
</tbody>
</table>

People with Cancer

There are many benefits to quitting for people with cancer — even if their cancer diagnosis is not tobacco-related.

<table>
<thead>
<tr>
<th>Increased</th>
<th>Decreased</th>
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</thead>
<tbody>
<tr>
<td>Effectiveness of response to chemotherapy and radiation</td>
<td>Surgery complications</td>
</tr>
<tr>
<td></td>
<td>Recovery time from surgery</td>
</tr>
<tr>
<td></td>
<td>Cancer treatment side effects</td>
</tr>
<tr>
<td></td>
<td>Risk of cancer returning and the development of new cancers</td>
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</tbody>
</table>

Tobacco Treatment Program

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**Heidi Iannucci**
Coordinator

Contact Us

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Program provides treatment for non-English speaking patients

Connecticut Quit Line
800-784-8669