

# Quitting smoking and vaping

Quitting smoking and vaping can benefit you, no matter where you are in your cancer journey. The benefits of quitting smoking may include:

- Longer survival.
- Fewer and less serious side effects from all types of cancer treatment, including surgery, chemotherapy and radiation.
- Faster recovery from treatment.
- Breathing easier.
- More energy.
- Better quality of life.
- Decreased risk of cancer coming back, and of other cancers developing.

The benefits of quitting vaping are not well known yet, but we do know that vaping can irritate your lungs, which worsens problems like asthma, emphysema, and pneumonia. Quitting vaping will help your overall health and help you breathe easier.

Quitting smoking or vaping can be hard, but we are here to support you. Cancer Care Alberta (CCA) is working with Primary Care Alberta (PCA) to help connect you to information and resources to help you quit smoking or vaping. This sheet will also give you information and links to the AlbertaQuits Helpline and QuitCore program if you need more support. See the table below for examples of different strategies to help you quit smoking or vaping.

Strategies	Examples
Medications	<ul style="list-style-type: none"><li>• Nicotine replacement therapy (patch, gum, lozenge, inhaler, mouth spray)</li><li>• Bupropion SR (prescription medication)</li><li>• Varenicline (prescription medication)</li><li>• Cytisine (natural health product)</li></ul> Talk to your healthcare provider before starting any new medications.
Counselling	<ul style="list-style-type: none"><li>• Support groups</li><li>• Individual counselling</li><li>• In-person and virtual options</li></ul>
Make a plan	<ul style="list-style-type: none"><li>• Know your triggers</li><li>• Prepare for your quitting day</li><li>• Have a practice quit day</li></ul>
Involve friends and family	<ul style="list-style-type: none"><li>• Tell people you trust that you want to quit or cut down</li><li>• Find a buddy who is also trying to quit or cut down</li></ul>

You can use more than one of these strategies to help you quit. For example, using a medication to reduce nicotine withdrawal and getting counselling support is the most effective way to quit smoking.

## Links and resources

### Primary Care Alberta resources:

- Call the **AlbertaQuits Helpline** (1-866-710-7848) for confidential support from Quit Counsellors. Translation services are available if needed. This helpline is free for all Albertans and is open every day from 8:00 am–8:00 pm.
- The **AlbertaQuits website** ([albertaquits.healthiertogether.ca](http://albertaquits.healthiertogether.ca)) has many helpful resources and links to help you reduce or quit smoking or vaping.
- Join **QuitCore**, a free 6-part support group for people aged 18 and older in Alberta who are quitting smoking or vaping. There are telephone, virtual, and in-person formats available. Each session is 90 minutes long. To learn more about groups starting soon, call 1-866-710-7848.

### Other resources:

- The **MyHealth Alberta** website has information about tobacco and vaping, including information about quitting smoking: [bit.ly/mha-quit](http://bit.ly/mha-quit).
- The **Canadian Cancer Society (CCS)** website has helpful resources and tips on how to quit or support a friend who wants to quit smoking:
  - CCS - Get help to quit smoking: [bit.ly/ccs-quithelp](http://bit.ly/ccs-quithelp)
  - CCS - Tips to help a friend quit smoking: [bit.ly/ccs-tipsquit](http://bit.ly/ccs-tipsquit)
- You can talk to your **family doctor** or **local pharmacist**. They may offer counselling services to help you reduce or quit smoking or vaping.



To find more information and resources about cancer, please visit [cancercarealberta.ca](http://cancercarealberta.ca).

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