



you ARE NOT ALONE

In 2020, over **100 tobacco users** who had been diagnosed with cancer **called Alaska's Tobacco Quit Line**. We know that tobacco use after a cancer diagnosis:

- Increases chances for a second tobacco-related cancer
- Increases chances of dying from cancer
- Decreases effectiveness of some cancer treatments, like chemotherapy and radiation
- Increases side effects from cancer treatments, like nausea, depression and pain

A cancer diagnosis does not mean it's too late to quit. **The evidence is clear:** You can improve your health if you quit smoking — **even if you have cancer.**

Help your recovery.
Contact Alaska's Tobacco Quit Line.

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

alaskaquitline.com