



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



- Alaska's Tobacco Quit Line is FREE for all Alaskans and available 24 hours a day, 7 days a week.
- Services include phone, web and text-based coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the Ally Guide.

Quit for good.

Alaska's Tobacco Quit Line can help.

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