



**Dana-Farber**  
Cancer Institute



**BRIGHAM AND  
WOMEN'S HOSPITAL**

## DANA-FARBER/BRIGHAM AND WOMEN'S CANCER CENTER

### Quitting Smoking

**Wherever you are in your journey to quit smoking, we believe this information may be beneficial for you.**

Smoking causes several diseases and cancers and has also been shown to increase risk for breast cancer. This may also be true for second hand smoke.

Continuing to smoke after a diagnosis of breast cancer can also cause breast cancer specific complications. After surgery, smoking can make it difficult for scars to heal, especially if breasts are reconstructed. During radiation, smoking increases the risk of damage to the lungs, like lung cancer. While taking hormonal therapies, smoking can increase the risk for blood clots. Overall, women who continue to smoke after a diagnosis of breast cancer have a nearly 40% higher risk of their breast cancer recurring.

If you don't smoke, don't start. If you do smoke, it is in your best interest to quit. The first step is to understand how smoking is damaging your health and be convinced that quitting is crucial. Once you have the motivation and you are serious about quitting, you will find there are many people willing to help you.

It is never too late to quit smoking. There are several different strategies for quitting smoking that can be offered to you to help you achieve your goal of quitting smoking. Coaching, community support and some medications have all been shown to be able to help you quit.

#### **Smokers' Helpline: 1-800-QUIT-NOW (1-800-784-8669)**

This national smokers' helpline directs callers to the appropriate state program based on the caller's area code.

#### **Online Resources**

- Excellent resources, tips, and apps to help you quit and stay smoke-free: [www.smokefree.gov](http://www.smokefree.gov)
- Become an Ex offers tools and guides with a custom quit plan and community support <https://www.becomeanex.org/>
- Massachusetts Department of Public Health tobacco-cessation program: [www.makesmokinghistory.org](http://www.makesmokinghistory.org)