

The clinical case for smoking cessation for people with cancer – Staff information



Why is smoking cessation important for people with cancer?

Smoking cessation contributes to improved prognosis, reduced treatment toxicities and improved quality of life for people with cancer.¹

How does smoking effect cancer treatment and outcomes?

People with cancer who currently smoke have¹:

- **51%** increased risk of all-cause mortality
- **61%** increased risk of cancer-related mortality
- **42%** increased risk of cancer recurrence
- Increased risk of developing a secondary primary cancer
- Poorer response to treatment
- Higher complication rates from surgery and slower recovery
- Increased treatment-related toxicity from chemotherapy and radiotherapy.

Tools and resources

 www.cancer.nsw.gov.au/smoking-cessation



Clinical guidelines




HETI training courses



Managing nicotine dependence: a guide for NSW Health staff



Tools 1-10 on smoking cessation interventions, NRT and referral



The risk of dying from cancer could be lowered by 30–40% by quitting smoking at the time of diagnosis.¹

What can I do to help patients quit smoking?

Providing an effective brief intervention only takes a few minutes and consists of the following three steps.

The three steps to a brief intervention are ...



Ask

Patients about their smoking status and record this information in the patient record



Advise

Patients that in addition to treatment the most important thing they can do to for their cancer treatment is to quit smoking



Act

by making a referral to NSW Quitline for smoking cessation support

 www.cancer.nsw.gov.au/quitline

References:

1. U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.