Reasons to STOP

▪ To help your heart, lung, and immune health
▪ To help your cancer medicines work better
▪ To help manage radiation better
▪ To speed recovery from surgery
▪ To prevent a second or recurrent cancer
▪ To help those you live with breathe clean air

Stop Tobacco Now to Beat Cancer

Our UC Davis team can help you quit tobacco before and throughout your treatment.

TAKE THE FIRST STEP
Connect with our Stop Tobacco Program.
▪ Call to schedule an online class or speak to a tobacco treatment specialist: (916) 732-4494
▪ Email: hs-healtheducationclass@ucdavis.edu
▪ Visit us at: https://ucdavis.health/stoptobacco