

**It is important for your health to quit and avoid tobacco use. We strongly encourage you to quit and want to help!**

**What is considered tobacco use?**

- Smoking cigarettes, e-cigarettes, cigars, pipes, hookah
- Smokeless tobacco products such as chewing tobacco, moist snuff, dissolvables
- Betal Nut (similar risk and danger to health as tobacco products)

**What is the risk?**

- Tobacco use is a risk factor for causing cancer, particularly head and neck cancer
- Continued tobacco use after a diagnosis of cancer can influence how you heal from treatment and increases the risk of cancer coming back
- Continued tobacco use during or after surgery increases your surgical risks and reduces your body's ability to heal and recover
- Continued tobacco use during and after radiation therapy worsens symptoms and reduces the effectiveness of treatment against cancer
- Your risk of another cancer is high if you continue to use tobacco
- Using tobacco and drinking alcohol together increases your risk of cancer coming back

**How can we help you quit?**

- Ask your provider for help during your visit!
- UC Davis Health offers cessation courses/support:
  - Call Health Management & Education (916) 734-0718 for more information



**Online Resources:**

- <https://smokefree.gov>
- <https://www.cancer.org/healthy/stay-away-from-tobacco>

**Free Quitlines:**

- Centers for Disease Control (CDC): 1-800-QUIT-NOW (1-800-784-8669)
- The California Smokers' Helpline: 1-800-NO-BUTTS (1-800-662-8887)

