



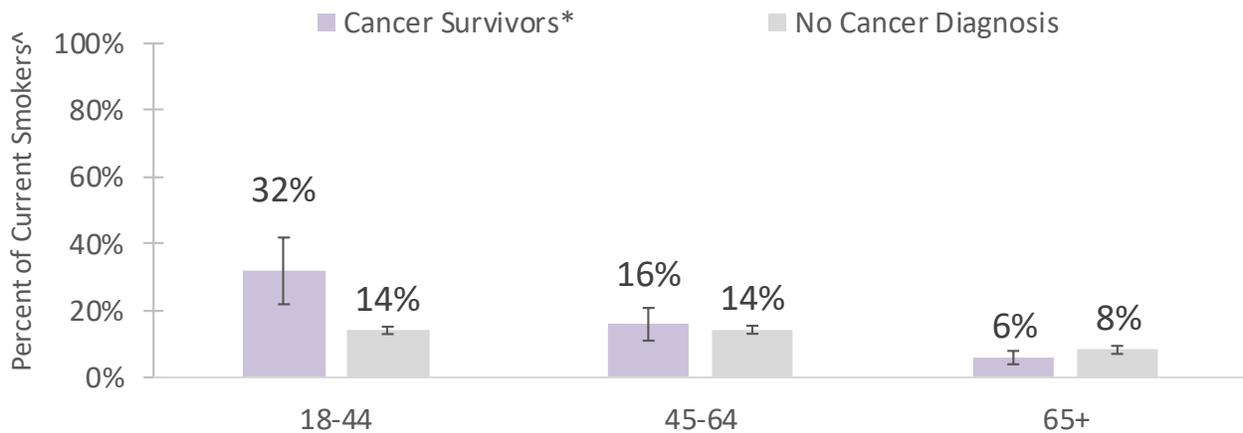
Promoting and Supporting Smoking Cessation in Cancer Survivors in New York State, 2018

Tobacco use is the leading preventable cause of cancer and cancer deaths. Over 1 million adults in NYS are cancer survivors. Among cancer survivors, smoking increases the risk of cancer recurrence, developing secondary cancers, and dying from cancer.

Despite this increased risk, in NYS, 1 in 10 cancer survivors are current smokers. Among younger adults (age 18-44), cancer survivors smoke cigarettes at a higher rate (32%) than adults who have not been diagnosed with cancer (14%). Additionally, cancer survivors under age 45 smoke cigarettes at a higher rate than cancer survivors in older age groups.

Integrating tobacco dependence treatment into post-treatment cancer care is a recommended practice. Healthcare providers are well-positioned to ask cancer survivors about their smoking status well after diagnosis and to provide them with evidence-based tobacco dependence treatment. Smoking cessation interventions are critical for young cancer survivors, as quitting smoking at a younger age has a greater impact on reducing smoking-related health risks. The American Cancer Society encourages cessation interventions that are tailored to the unique needs that cancer survivors may have post-diagnosis such as pain, reduced physical functioning, and depression. Integrating tobacco cessation medications and counseling services into survivorship care plans, particularly for younger cancer survivors, may reinforce the importance of cessation and help them succeed in quitting smoking.

Prevalence of Current Smoking by Cancer Diagnosis and Age, BRFSS 2018



\*Cancer survivors are those 18 years of age and older who have ever been diagnosed with a cancer other than skin cancer.
^Current smokers are those 18 years of age and older who have smoked at least 100 cigarettes in their lifetime and currently smoke on at least some days.

To learn more about guideline-supported lifestyle recommendations for cancer survivors to prevent tobacco-related secondary cancers, please visit the GW Cancer Center's Cancer Survivorship E-Learning Series for Primary Care Providers.

1. https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf\_NBK179276.pdf
2. https://www.cdc.gov/cancer/survivors/health-care-providers/tobacco-use.htm#ref
3. https://www2.tri-kobe.org/nccn/guideline/lung/english/smoking.pdf
4. https://www.cancer.org/latest-news/1-in-10-cancer-survivors-smoke.html
5. https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html