TOBACCO & E-CIGARETTES

Cigarette smoking not only causes cancer but can also negatively impact cancer treatment and survival.

**Tobacco**

Tobacco use among cancer survivors can increase the risk for:
- having less favorable treatment response or outcomes;
- having cancer recur;
- developing a new cancer;
- dying from a primary cancer or a secondary cancer; and
- dying from other causes such as pneumonia or infection.

Quitting tobacco can improve a survivor's outcomes. The Missouri Tobacco Quitline offers free, confidential, 24/7 support to help Missourians quit all forms of tobacco, including e-cigarettes and smokeless tobacco. This service is also available for former smokers who are trying to avoid a relapse and for those who want information to help a family member or friend quit. Call 1-800-QUIT-NOW or enroll online at quitnow.net/missouri for free help.

**E-Cigarettes**

Electronic cigarettes, also known as e-cigarettes, e-cigs, vape pens, or vapor cigarettes, do not burn tobacco. Instead, they have cartridges filled with a liquid that may contain flavorants, nicotine, tetrahydrocannabinol (THC) or cannabinoid (CBD) oils, and other chemicals.

Many people may turn to e-cigarettes as a way to try to stop smoking, and there is evidence that they can be an effective way to quit. Even so, the FDA has not approved e-cigarettes as a way to quit smoking. Doctors and the FDA recommend evidence-based methods. Cancer survivors who have used e-cigarettes to stop smoking should not return to smoking cigarettes instead of using e-cigarettes. Instead, turn to safe ways to deliver nicotine such as patches, gum, lozenges, and nasal spray.
References & Resources

American Society of Clinical Oncology, Navigating Cancer Care, Prevention and Healthy Living, Stopping Tobacco Use After Cancer Diagnosis

Centers for Disease Control and Prevention, Cancer, Survivors, Health Care Providers, Tobacco Use
https://www.cdc.gov/cancer/survivors/health-care-providers/tobacco-use.htm

Centers for Disease Control and Prevention, QuickStats: Number of Deaths from 10 Leading Causes—National Vital Statistics System, United States, 2010, Morbidity and Mortality Weekly Report 2013:62(08);155
https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6208a8.htm


Visit health.mo.gov/cancer for more important tips on surviving cancer.