

A practical guide to living with and after cancer

# GIVING UP SMOKING



# About this booklet

This booklet is about giving up smoking. It is for anyone living with or after cancer who would like to stop smoking or chewing tobacco. It explains the benefits of stopping smoking. It also has practical advice about how you can give up smoking and stay a non-smoker.

After being diagnosed with cancer, many people want to make positive changes to their lives. Taking steps to live a healthier lifestyle is often a big part of these changes. If you are a smoker, choosing to stop is a decision that will benefit your health. Giving up smoking may be stressful and difficult to do, but it will help you feel better and be healthier.

## For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, Monday to Friday, 9am to 8pm, or visit **macmillan.org.uk**

If you would prefer to speak to us in another language, interpreters are available. Please tell us, in English, the language you want to use.

If you are deaf or hard of hearing, call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

We have some information in different languages and formats, including audio, eBooks, easy read, Braille, large print and translations. To order these visit **macmillan.org.uk/otherformats** or call **0808 808 00 00**.

## How to use this booklet

The booklet is split into sections to help you find what you need. You can use the contents list on page 3 to help you.

We have included a diary on page 20 to help you record your smoking habits. This may help you think about what you could do instead of smoking.

We have also included quotes from people who have had cancer and given up smoking. Some are from **healthtalk.org**. Some are from people who have shared their stories with us. We hope you find these helpful. To share your experiences, visit **macmillan.org.uk/shareyourstory**

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# BENEFITS OF GIVING UP SMOKING

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# Giving up smoking

If you smoke, giving up is the healthiest decision you can make. Stopping smoking reduces your risk of heart and lung disease, bone thinning (osteoporosis), and smoking-related cancers. If you have been diagnosed with cancer, it may also lower the risk of cancer coming back after treatment. You will also feel better, look better and save money.

People smoke for many reasons. Living with cancer and having treatment can be very difficult. Some people feel that smoking will help them cope with what is happening. Some people smoke to help them cope with stress or boredom. It may also be a form of comfort and can give a feeling of pleasure.

Smoking can be a difficult habit to break, especially when you are stressed. There are support services that can help you (see page 17). Your doctor or specialist nurse can also help. Your GP can give advice and provide nicotine replacement therapies (NRT) or other medications on prescription. This includes nicotine patches, gums and inhalers. There is more information about these medicines on pages 32 to 33.

You may have tried to give up before and started smoking again. It is important to remember that it is never too late to stop smoking. If you would like to stop, you may find it helpful to think about the benefits of stopping smoking. There are lots of benefits for you and for the people close to you.

# Treatment benefits

If you are having treatment for cancer, stopping smoking may help the treatment work better. It can help your body respond to the treatment and heal more quickly. You are also likely to have fewer side effects from cancer treatment if you do not smoke and they tend to be less severe. Stopping smoking may also lower the risk of cancer coming back after treatment.

## Stopping smoking before surgery

If you smoke and are due to have surgery, your surgeon will talk to you about the benefits of giving up smoking before your operation. It is best to stop smoking eight weeks before having surgery. But even stopping a few weeks before and not smoking after surgery will reduce the risk of complications.

The more you smoke and the longer you have smoked, the more likely it is that you will develop problems during and after surgery. If you smoke, you have a higher risk of wound problems and complications after surgery. This is because smoking damages blood vessels.

If you stop smoking before having surgery:

- you are likely to recover more quickly
- you are more likely to have a shorter stay in hospital
- your wound is likely to heal more quickly.

All hospitals will give you help and support to stop smoking.



## Stopping smoking during radiotherapy

Research has shown that stopping smoking during and after radiotherapy may make the treatment more effective. It can also reduce the side effects of radiotherapy.



# Health benefits

Smoking increases the risk of several types of cancer and is linked to many other health problems, such as heart and lung disease. Smoking also increases your risk of developing certain cancers, such as lung cancer or cancer in the head or neck.

Smoking can make some types of cancer grow more quickly. This may be because the chemicals in cigarettes affect your body's immune system. Our immune system protects the body from harmful bacteria and other organisms.

If you chew or suck tobacco, you have a higher risk of developing mouth and oral cancers. Smokeless tobacco is not a safe alternative to smoking cigarettes. It is also very addictive because of the amount of nicotine it contains.

Giving up smoking will:

- help your general health
- increase your energy levels
- improve your blood circulation
- reduce your risk of a stroke
- lower your blood pressure
- boost your immune system
- help improve your breathing or stop it from getting worse.

Understanding how smoking affects your health may help motivate you to stop. Your doctor can give you advice on the benefits of stopping smoking, for the type of cancer you have.

## Improved breathing

If you have lung problems, smoking may make certain symptoms worse, such as a cough or breathlessness. The smoke makes the airways irritated and inflamed. This means less oxygen is absorbed into the bloodstream.

If you stop smoking, your breathing becomes easier within 3 days of stopping. This can also increase your energy levels. After 3 to 9 months, your breathing improves even more. This is because your lung function increases by up to 10%. But you may get a cold or cough in the first few months after quitting, as your lungs start to recover.

## Other health benefits

Smoking causes your skin to age early. After a few weeks of stopping smoking, your skin will look clearer and brighter.

As blood circulation improves after stopping, men may also find they get improved erections.

*'It doesn't matter where you are in your life, you can change. You can get your fitness back, even after years of smoking.'*

**Dave, who shared his story with us**

## Health benefits of giving up smoking

### Short-term health benefits

**After 20 minutes**  
Pulse rate returns to normal.

**After 8 hours**  
Nicotine and carbon monoxide levels are halved. Oxygen levels return to normal.

**After 2 days**  
Nicotine and carbon monoxide have left your body. You will start to taste and smell things better.

**After 3 days**  
Breathing gets easier. Energy levels increase.

**After 2 to 12 weeks**  
Blood circulation improves.

### Long-term health benefits

**After 3 to 9 months**  
Breathing problems, coughs and wheezing improve.

**After 1 year**  
Your risk of heart disease becomes half that of someone who smokes.

**After 10 years**  
Your risk of lung cancer becomes half that of someone who smokes.

**After 15 years**  
Your risk of a heart attack falls to the same as someone who has never smoked.

## Financial benefits

Smoking is expensive, so stopping will save you money. If you smoke 20 cigarettes a day, it costs you about £2,700 or more a year. Stopping smoking means you will have more money to spend on other things.

'What I noticed initially was how much more money I had in my purse at the end of the week, whereas you know, maybe it would have gone on cigarettes. That was the real incentive for me.'

Blodwen, a Healthtalk user

# Benefits for family and friends

Smoking does not only harm your own health. If you smoke around your family and friends, you are also exposing them to second-hand smoke. This is called passive smoking. This means they are also at a higher risk of getting smoking-related diseases, including cancer.

Children whose parents smoke are more likely to develop asthma at an early age. They are also more likely to start smoking themselves. If you have children or grandchildren, you can be a good role model for them by stopping smoking.

Children of parents who smoke also often worry about their parents' health. By giving up, you could be putting your children's minds at rest.





Your local stop smoking  
service can support you

# STOPPING SMOKING

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# Giving up smoking in three stages

There are three stages to giving up smoking:

- 1** Preparing to stop
- 2** Stopping
- 3** Staying a non-smoker

On pages 17 to 29 we tell you about each stage and give you tips to help you cope. These can help you reach your goal.

**'I'm doing it for the right reasons. I want to give up and am determined to beat it. Make a goal, make it a challenge.'**

**Andy, a Healthtalk user**

# Preparing to stop

Deciding to give up smoking and wanting to succeed are important steps in becoming a non-smoker. Giving up smoking is not easy, but you can help yourself by preparing for possible problems before you stop. It can help to make sure you have support ready, to help you overcome any problems.

## Get support

Talk to people who can give you help and support to stop smoking. This might be your family, friends, or the people you work with. Tell them the date you plan to stop smoking, so they know when you might need support.

Your doctor or pharmacist can give you help and advice. They can refer you to a free, local stop smoking service (see page 43).

## Stop smoking services

Using a stop smoking service can really make a difference to your chances of success. They offer specialist treatment for people who want to give up smoking. Research shows that people who use them are twice as likely to succeed than people who try to give up smoking on their own.

Your local stop smoking service can:

- give you information about smoking and giving up
- help you make a plan for stopping and give ongoing support
- prescribe medicines to help improve withdrawal symptoms and reduce cravings
- arrange weekly meetings where you can meet other people who are trying to give up.

## Medicines

The first 3 or 4 days after you have stopped can be the most difficult. You may have withdrawal symptoms from nicotine and this might tempt you to smoke again (see pages 24 to 27). There are medicines that can help, but make sure you get them before you plan to give up smoking. It is best to start taking medicines like Varenicline and Bupropion 1 to 2 weeks before you quit.

Your GP or staff at your local stop smoking service can talk to you about these medicines. We have more information about them on pages 32 to 33.

## Make a list of your reasons for stopping

You can use the space on page 44 to write this list. Your reasons could be health-related, or to do with the money you could save. There are lots of benefits to stopping smoking (see pages 7 to 13). You can use this list to motivate yourself whenever you feel tempted to smoke.

## Set yourself goals

These could be about getting through the first day, week and month smoke-free. Plan rewards for yourself with each goal that you set.

## Set a date to stop completely

The best way to reduce the harmful effects of smoking is to stop completely. Try setting a date to stop and mark it on your calendar. Smoke your normal amount until this date, then stop suddenly. If someone you know also wants to quit, it may help to decide the date together. Some people find it easier to cut down on the amount they smoke before stopping completely.

When your date to stop is getting nearer, it is a good idea to plan your first smoke-free day. For example, think about what you are going to do instead of smoking during your breaks at work or when you feel stressed.

## Plan other ways of coping with stress

Many smokers use cigarettes to cope with stress. So the shock of being diagnosed with cancer or coping with treatment can make it harder to quit. It may help to find other ways of coping with stress, such as being physically active or using relaxation techniques. You could try using relaxation CDs, podcasts or mobile phone apps. Some Macmillan information centres or hospitals may offer relaxation sessions for people with cancer.

## Mind-body and self-help therapies

Some people use complementary therapies, hypnotherapy, visualisation (mental imagery) or mindfulness meditation to cope with stress. You might want to order our booklet **Cancer and complementary therapies** (see page 38).

It can also help to talk things over with someone you trust, a counsellor or someone in a local support service. If you are finding it difficult to cope with stress, ask your specialist nurse or GP for advice.



## Get rid of cigarettes, ashtrays and lighters

Do this the day before you give up. Check the house, car and your clothes for any cigarettes.

## Use a smoking diary

Some people find keeping a smoking diary can help them work out their smoking habits. It can help you recognise situations that might make you want a cigarette and what the difficult times of the day are for you. Use the diary to record every cigarette you smoke and what made you want to smoke (triggers).

Understanding your habits when you are in those situations may help you think about what you could do instead of smoking.

You might want to pull the diary out and keep it somewhere useful, like on the front of your fridge. Or it might be easier to put it in your purse or wallet, so you can use it throughout the day.

You could photocopy the diary, so you have other copies handy if you run out. Or you can download more copies of the smoking diary from our website at [macmillan.org.uk/smokingdiary](https://www.macmillan.org.uk/smokingdiary)



# Stopping

It may help to change your routine. If possible, stay away from places or situations that you associate with smoking. If you always want to smoke when you have a coffee, try drinking tea. Or you could try to change the habit before you stop smoking. For example, you could drink coffee but without the cigarette, so that you no longer link the two together.

It is a good idea to avoid alcohol to begin with. People often find they have less self-control after they have drunk alcohol.

This can also be a good time to use the smoking diary (see page 20). It can help you identify when you feel like smoking and what you can do instead.

## **Put aside the money you would have spent on smoking**

Keep a record of how much you save each week, so you can see it adding up. You could use the money to treat yourself, your family or your friends instead.

## Eat healthy snacks

On the day you give up, eat whatever you like. You will be using your mental strength to not smoke, and it is better to focus on one issue at a time.

Once you have stopped, you may be tempted to snack more. If you are worried about putting on weight, keep healthy, non-fattening snacks to hand. These could include fruit, raw vegetables or savoury crackers.

Some people find sugar-free chewing gum helps too. If you can, try to be more physically active. Even short walks for 20 minutes each day can help.

## Keep busy

A stress ball may help if you need to do something with your hands. Or you could think about starting a hobby, like knitting, gardening or playing computer games. This can help keep your hands busy and take your mind off cigarettes.

# Coping with withdrawal symptoms

Withdrawal symptoms are usually the worst during the first week of stopping smoking. Over the next few pages, we talk about some common withdrawal symptoms and suggest tips to help you cope. These are just some ideas to help you through the first week, but your local stop smoking service can give you more information and support (see page 17).

If your doctor has prescribed medicines to help you give up, use these as prescribed. Let your doctor know if you have any problems with them. We have more information about these medicines on pages 32 to 33.

## Anxiety after smoking your last cigarette

- Remind yourself to focus on getting through one minute, one hour and then one day at a time.
- Try not to think about a life without smoking and instead focus on the benefits of giving up (see pages 7 to 13).
- Try to understand what triggers you to smoke. This can help you stay in control and try to avoid the triggers. You can use our smoking diary to make a note of these (see page 20).
- Keep your mind distracted by reading or doing things that interest you, like a crossword, Sudoku or a game on your phone.

## Feeling restless, irritable, frustrated or angry

- You may feel short-tempered and less tolerant for the first week, or maybe longer. Remind yourself that these feelings and the cravings will pass.
- Try being active, for example by going for a short walk or following an activity DVD. You can find our DVD and other tools to help you get active at [macmillan.org.uk/beactive](http://macmillan.org.uk/beactive)
- When you feel the urge to smoke, have a healthy snack. For example, eat a carrot, some celery or a piece of fruit, or try chewing on some sugar-free chewing gum.
- Try to reduce the amount caffeine you have each day, for example by drinking less tea and coffee.
- Try breathing exercises to help you relax and focus on the benefits of not smoking. Take a deep breath in through your nose and blow out slowly through your mouth. Do this 10 times.
- Go out somewhere with a non-smoking friend. They can support you and help distract you if you crave a cigarette.
- Ask your doctor about nicotine replacement therapies or other medicines (see pages 32 to 33).

'When it gets difficult, even during the times when it's tough, annoying and hell on earth, put the reasons you're giving up at the front of your mind.'

Andy, a Healthtalk user



## Difficulty sleeping

- If smoking is part of your evening routine, try to change your routine. If you usually crave a cigarette before you go to sleep, start getting ready for bed and do something which distracts you instead. You could try reading a book or listening to a podcast.
- Have a warm bath. This can help to relax and distract you.
- Sleeping tablets may help for a short period of time. You could speak to your GP about getting a prescription for a week or two. This can sometimes help to break the habit of smoking before going to sleep.

## Headaches

- Drink plenty of fluids (water or juice).
- Try taking mild painkillers.
- Try having some early nights to help you get plenty of rest.

Your headaches will gradually go away over the days and weeks after stopping smoking.

## Temporary cough

- You may cough up more phlegm or mucus for up to three months after stopping smoking. If you develop a cough, talk to your GP. They will check whether the cough is caused by anything else, such as an infection.
- Drink plenty of fluids.
- Try gargling with warm, salt water. This can help you cough up any phlegm.
- Be active each day, such as going for a short walk. This helps loosen phlegm or mucus, and help you to cough it up
- Try using throat lozenges.
- Sleep on an extra pillow. This can help to reduce coughing at night.
- Use a dehumidifier in your bedroom at night. This can help to moisten the airways in the lungs. When the airways are dry, it can make a cough worse.

# Staying a non-smoker

It can take a few months to feel confident as a non-smoker. The physical and mental withdrawal symptoms in the first few days can be very hard to cope with, but they will improve every day. Try to take things one day at a time.

The following suggestions can help:

- **Choose to spend time with non-smokers and ex-smokers.** They will support your efforts to quit. You can join a local support group – your nearest stop smoking service (see page 43) can provide you with details of groups in your area.
- **Replace smoking with other activities that you enjoy.** This could be something creative like painting, or something active like walking.
- **Remind yourself of your reasons for stopping.** Carry your list of reasons for stopping smoking with you, so you can refer to it if you need to (see page 18). Stopping smoking is a commitment that you have made to yourself. You will need a lot of self-control, but you will benefit a huge amount from stopping.
- **Mark off the days since you stopped on your calendar.** It will help show you how well you are doing.
- **Reward yourself.** Use the money you would have spent on smoking to buy yourself something you will enjoy. You might want to use some of the money to buy little treats each week, like a nice meal or a massage. You might also want to save towards a bigger reward, like a special night out or a holiday.

- **Be aware of temptations to smoke.** Make a deliberate effort to avoid the shops where you used to buy your cigarettes. If you are using nicotine replacement therapy (NRT), it is a good idea to keep some gum, lozenges or spray handy for social situations where you might be tempted.
- **Don't stop trying.** If you don't succeed in giving up smoking the first time you try, keep trying. Most people try a few times before they stop completely.

Remember that giving up smoking is hard enough for most people. But when you are coping with cancer too, it can seem even tougher. You may have side effects to cope with, or have other worries caused by the cancer or its treatment – for example, problems with work, money or relationships. Don't be too hard on yourself if things don't go smoothly at first. Try to get as much support as possible.

'The sense of accomplishment and freedom is wonderful. It's the just the biggest feeling of relief.'

Lisa, a Healthtalk user



# TREATMENTS TO HELP WITH CRAVINGS AND WITHDRAWAL SYMPTOMS

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# Medicines

It is often the physical craving for a cigarette that causes people to start smoking again. There are lots of different treatments available to help you cope with cravings and withdrawal symptoms.

If you are in hospital, you should be able to have these medicines during your stay.

**Using medicines to help reduce cravings can double your chances of successfully giving up smoking. And if you also use a stop smoking service (see page 17), you are up to four times more likely to become a non-smoker.**

## Nicotine replacement therapy (NRT)

NRT works by giving your body enough nicotine to ease withdrawal symptoms and cravings when you stop smoking. It comes as skin patches, chewing gum, tablets, lozenges, inhalers, mouth sprays and nasal sprays. You can buy these over the counter at your local pharmacy or get them on prescription from your GP or stop smoking service. Using NRT doubles your chances of stopping smoking.

## Varenicline (Champix®)

This is a tablet which does not contain nicotine. It can help with cravings and withdrawal symptoms when giving up smoking. Varenicline is only available on prescription. You start taking it as tablets 1 to 2 weeks before you stop smoking. A course of treatment usually lasts for 12 weeks.

Some people feel depressed while taking varenicline. This may be because they are finding it hard to cope with stopping smoking rather than it being a side effect of the drug. It is important to tell your doctor if you feel depressed, anxious or have suicidal thoughts while taking varenicline.

## Bupropion (Zyban®)

Bupropion is another tablet which does not contain nicotine. It works by reducing the urge to smoke and helps with other withdrawal symptoms. It is only available on prescription. You start taking it as tablets 1 to 2 weeks before you stop smoking. A course usually lasts for 7 to 9 weeks.

Bupropion is not suitable for everyone. You should not take it if you have had brain or spinal cord tumours or a history of seizures (fits). Certain medicines should not be taken with bupropion, so it is important that it is prescribed by a doctor who knows your medical history and who knows about any other medicines you are taking.

Some people feel depressed while taking bupropion, but this could also be caused by the withdrawal symptoms from stopping smoking. It is important to tell your doctor if you feel depressed, anxious or have suicidal thoughts while taking bupropion.

**Like all medicines, NRT, varenicline and bupropion have possible side effects. It is important to read the information leaflet that comes with these drugs. Your doctor or pharmacist can tell you more about these treatments.**



# Electronic cigarettes

Electronic cigarettes (e-cigarettes) are now widely available to buy as an alternative to cigarettes. They look very similar to cigarettes and are battery-powered. They contain nicotine, which is inhaled as a vapour. This is called vaping. They are sometimes called vapourisers or electronic nicotine delivery systems.

At the moment, you cannot get e-cigarettes on prescription. E-cigarettes are regulated by the Tobacco and Related Products Regulations (TPD). This is to make sure that they are safe and that people have accurate information about them. The producers of e-cigarettes must meet the TPD regulations and name all the ingredients used.

The long-term effects of e-cigarettes, compared to other nicotine replacement therapies, are not yet fully known. They are thought to be around 95% safer than smoking tobacco cigarettes. They can be used for a period of time, to help someone stop smoking. Research suggests that some e-cigarettes may be as good at helping someone to stop smoking as nicotine replacement therapies.

In the UK, it is illegal to sell e-cigarettes to anyone under the age of 18, or for adults to buy them on behalf of someone under 18.

The best option to quit smoking safely and effectively, is to speak to your GP or local stop smoking service. They will also be able to answer any more questions you have on e-cigarettes. Some people who use e-cigarettes with a stop smoking service can help their chances of quitting smoking.



Ask your GP for more  
information and support

CANCER TYPE

UNDERSTANDING  
CHRONIC  
MYELOID  
LEUKAEMIA



CANCER TYPE



# FURTHER INFORMATION

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# About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

## Order what you need

You may want to order more leaflets or booklets like this one. Visit **be.macmillan.org.uk** or call us on **0808 808 00 00**.

We have booklets on different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer and information for carers, family and friends.

All of our information is also available at **macmillan.org.uk/information-and-support**. There you'll also find videos featuring real-life stories from people affected by cancer, and information from health and social care professionals.

## Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- eooks
- large print
- translations.

Find out more at **macmillan.org.uk/otherformats**

If you'd like us to produce information in a different format for you, email us at **cancerinformationteam@macmillan.org.uk** or call us on **0808 808 00 00**.

## Help us improve our information

We know that the people who use our information are the real experts. That's why we always involve them in our work. If you've been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you'd like to hear more about becoming a reviewer, email [reviewing@macmillan.org.uk](mailto:reviewing@macmillan.org.uk) You can get involved from home whenever you like, and we don't ask for any special skills – just an interest in our cancer information.



# Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you.

## Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

### Macmillan Support Line

Our free, confidential phone line is open Monday to Friday, 9am to 8pm. Our cancer support specialists can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via our website, **[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)**

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres.

There, you can speak with someone face to face.

Visit one to get the information you need, or if you'd like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **[macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)** or call us on **0808 808 00 00**.



## Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That's why we help to bring people together in their communities and online.

## Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

## Online Community

Thousands of people use our Online Community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

## The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

'Everyone is so supportive on the Online Community, they know exactly what you're going through. It can be fun too. It's not all just chats about cancer.'

Mal, an Online Community member



## Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you've been affected in this way, we can help.

### Financial guidance

Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

### Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

### Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants. We can also tell you about benefits advisers in your area. Visit [macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport) to find out more about how we can help you with your finances.

## Help with work and cancer

Whether you're an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit [macmillan.org.uk/work](https://www.macmillan.org.uk/work)



### Macmillan's My Organiser app

This free mobile app can help you manage your treatment, from appointment times and contact details, to reminders for when to take your medication. Search 'My Organiser' on the Apple App Store or Google Play on your phone.

# Other useful organisations

There are lots of other organisations that can give you information or support.

## Stop smoking services

### Help Me Quit

**Helpline** 0800 085 2219

**[www.helpmequit.wales](http://www.helpmequit.wales)**

Offers support and practical guidance to people who want to give up smoking in Wales.

### NHS Inform

**Helpline** 0800 84 84 84

(Mon to Fri, 8am to 10pm,

Sat and Sun, 9am to 5pm)

**[www.nhsinform.scot/](http://www.nhsinform.scot/healthy-living/stopping-smoking)**

**[healthy-living/  
stopping-smoking](http://www.nhsinform.scot/healthy-living/stopping-smoking)**

Has advice and support services for anyone trying to stop smoking in Scotland, including a webchat service where you can chat online to an adviser.

### NHS Smokefree

**Helpline** 0300 123 1044

(Mon to Fri, 9am to 8pm,

Sat and Sun, 11am to 4pm)

**[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

Offers information and advice for people who want to stop smoking, including information on local stop smoking services in England.

### Want2stop

**[www.want2stop.info](http://www.want2stop.info)**

Website run by the Northern Ireland Public Health

Agency. Offers a range of information and advice for those wanting to stop smoking, including information on local stop smoking services in Northern Ireland.



You can search for more organisations on our website at [macmillan.org.uk/organisations](http://macmillan.org.uk/organisations) or call us on **0808 808 00 00**.



## Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it.

## Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development Team. It has been approved by our Chief Medical Editor, Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: Dr Angshu Bhowmik, Consultant Respiratory and General Physician; Dr Tuck-Kay Loke, Consultant Respiratory Physician; Elizabeth Middleton, Lung Cancer Clinical Nurse Specialist and Naomi Thompson, Senior Cancer Prevention Officer.

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## Sources

We have listed a sample of the sources used in this booklet below. If you would like further information about the sources we use, please contact us at **[cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)**

British National Formulary (BNF). Nicotine dependence. [www.evidence.nhs.uk/formulary/bnf/current/4-central-nervous-system/410-drugs-used-in-substance-dependence/4102-nicotine-dependence](http://www.evidence.nhs.uk/formulary/bnf/current/4-central-nervous-system/410-drugs-used-in-substance-dependence/4102-nicotine-dependence) (accessed June 2017).

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National Institute for Health and Care Excellence (NICE). Smoking: supporting people to stop. [www.nice.org.uk/guidance/qs43](http://www.nice.org.uk/guidance/qs43) (accessed June 2017).

Peppone et al. The effect of cigarette smoking on cancer treatment-related side effects. *The Oncologist*. 2012. 16(12): 1784–1792.

This booklet is about giving up smoking.  
It is for anyone living with or after cancer who  
would like to stop smoking or chewing tobacco.

It explains the benefits of stopping smoking.  
It also has practical advice about how you can  
give up smoking and stay a non-smoker.

If you have more questions or would like to talk to  
someone, call the Macmillan Support Line free on  
**0808 808 00 00**, Monday to Friday, 9am to 8pm,  
or visit **macmillan.org.uk**

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Interpreters are available. Please tell us in English  
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on **18001 0808 808 00 00**, or use the NGT Lite app.

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