

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: It's Not Too Late: Quitting Smoking After a Lung Cancer Diagnosis Can Help

According to a recent study conducted by Healthline News suggests that quitting smoking after receiving a lung cancer diagnosis can significantly improve the likelihood of surviving cancer and other complications in the future. Researchers reported that a smoker who is diagnosed with lung cancer can significantly improve their health outcomes by stopping smoking. They note that quitting smoking can also improve a person's overall health and reduce the risk of heart attacks or stroke. Additionally, researchers maintain that quitting smoking is a difficult thing to accomplish even after a cancer diagnosis. Quitting smoking may sound like an obvious decision in these circumstances, but as many as 50 percent Trusted Source of smoking cancer survivors reportedly continue to light up.

Several studies have found a fatalistic attitude among some smokers said the medical director of the lung cancer screening program at Seattle Cancer Care Alliance (SCCA). Smokers know their habit is bad for them but they continue smoking. When they develop cancer, sometimes they think the worst has happened and that any further smoking is unlikely to harm them. But though it might be intuitive that quitting smoking while trying to get free of lung cancer makes sense, there has not been much direct research on that front – something these researchers aim to change.

In the new study, which looked at 500 people with early stage non-small cell lung cancer, researchers reported that those who quit smoking after diagnosis lived longer in general and longer cancer-free than people who received treatment but did not quit. All told, people who quit smoking lived 6.6 years on average versus 4.8 years among smokers. They also lived longer cancer-free (5.7 versus 3.9 years) and lived longer before dying from lung cancer, at 7.9 years versus 6 years.

The research makes sense as continued smoking during cancer treatment can put you at higher risk for infections like bronchitis and pneumonia. A person going through cancer treatment, even a small infection can become very serious quickly. Quitting smoking almost instantaneously lowers your risk of pulmonary infection and each day and week and month the risk is lower. Stopping smoking also makes it

safer to perform surgery and/or tolerate radiation therapy if that is part of the treatment plan. It's not just that quitting smoking improves one's ability to survive lung cancer, it can also have a positive impact on overall health, experts said.

Non-smokers, or those who quit, are less likely to develop or have complications from other medical problems like heart disease and strokes. Among smokers, recurrence of lung cancer or a second lung cancer is common, so quitting smoking reduces the likelihood of developing a second lung cancer or another type of cancer but the main reason people don't quit smoking is likely the same reason they never quit smoking before a cancer diagnosis: It's tough to quit. Smoking is an addiction, and people usually use vices like smoking, alcohol use, or eating to deal with stress. Getting a diagnosis of lung cancer not only causes stress but can lead to anxiety. So, it can be even harder to quit smoking after a lung cancer diagnosis but that's not a reason to despair.

Researchers suggest starting with tackling the anxiety without cigarettes if you have been diagnosed with lung cancer:

- Daily breathing exercises can help to reduce stress and anxiety as you go through treatment.
- Make sure to eat healthy and nutritious meals, along with physical activity to help to reduce fatigue, improve your overall mood and manage your weight, can also help to best manage your cancer journey.
- You aren't alone. Close friends and family can be a great support system
- Don't discount cancer support groups. Joining a group is a good way to connect with others who understand what you are going through. Plus, it is a safe place where you can voice any fears or concerns you might have during treatment.

For help Quitting contact the American Lung Association- Lung Helpline at: 800-Lung-USA or the N.Y. State Smokers' Quitline at 866-NY-QUITS (866-697-8487).

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Program Manager of the Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.