

Why Quit Now? A resource about lung screening and health



# GO2 Patient Support Services

Support for Everyone Impacted by Lung Cancer

We put people living with and at risk for lung cancer at the center of everything we do. From finding care to staying informed and building your resources, we are your community. As your friends, your guides, your advocates, your support system, GO2 is your go-to.

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## Why Quit Now?

If you're thinking about getting a lung cancer screening, you're already thinking about the health of your lungs. Now is a good time to take the next step and quit smoking. The purpose of lung cancer screening is to get informed about the health of your lungs. This provides comfort when results show your lungs are clear. And if an issue is found, there is also comfort in knowing you took action to find it early.

Taking action to get screened empowers you and gives you choices about the next steps for your health. Research shows that for many people, learning about their lung health by being screened will lead to the desire to quit.

# Your next step could be to quit smoking.

## **Reasons to Quit Smoking**

No matter what your lung screening results show, quitting smoking can empower you and give you more control over your life.

#### For your health and well-being

- Improve your overall health by reducing your risk of many types of cancer and chronic diseases.
- Improve your lung health and ability to breathe freely.
- Boost your energy level, mood, and immune system.
- Improve your oral health, skin, and appearance.
- Heighten your sense of smell and taste (commonly affected by smoking).
- Gain savings with money typically spent on cigarettes.

## For your loved ones

- Protect your loved ones from health issues due to secondhand smoke (and protect your pet's health, too).
- Set a good example for loved ones and improve the chances they will quit or never start smoking.
- Relieve your loved ones' worry about your health.

Research shows it's never too late to benefit from quitting!

## **How Can I Quit?**

## Did you know more than 3 out of 5 U.S. adults who have ever smoked cigarettes have quit?

You are not alone. There are people here to help you and many ways to quit.

It's important to know that quitting is easiest when you combine more than one method.



#### **Methods to Quit Smoking** Why is this helpful? What can you do? They can help you make a Make an appointment quit plan that's just right for with a member of your you. It may include support, healthcare team and proven quit methods, and/ ask for help to quit or medicine to help prevent smoking. and ease cravings. Ongoing support from **Call Ouitline** counselors, trained (1-800-quit-now) to coaches, support groups, receive free help and and others can help you quit smoking for the resources. long term. Explore these These websites offer websites: tools, tips, quit plans, virtual support programs, smokefree.gov interactive guides, and becomeanex.org strategies for success. freedomfromsmoking.org

What can you do?	Why is this helpful?
Ask your healthcare team or pharmacist about nicotine replacement therapy.	They can help you choose what's right for you and explain how the products should be used. Products can come in the form of a patch, gum, or lozenge and help prevent and reduce cravings and other effects that happen when you stop smoking.

#### Electronic Cigarettes (e-cigarettes or vapes)

It's common to have questions about using e-cigarettes for quitting smoking. There's a lot that's not known about them. More research is needed to fully understand how they can affect your health in the long term and how safe and effective they are in helping adults quit smoking. It's best to talk to your healthcare team about e-cigarettes and how they may affect your health.

# **Managing Triggers to Smoke**

When you decide to quit smoking, think about your daily routine and the places where you tend to smoke. It's common for these places and activities to trigger the urge to smoke.

## How can you manage triggers to smoke?

## First: Know what your triggers are.

• Common triggers can include driving, morning coffee, stress, and alcohol.

### Next: Make a plan to manage your triggers.

- Create new smoke-free daily routines.
- Plan new activities to replace smoking.
- Treat your cravings (for example, nicotine replacement therapy).
- Remove, replace, or avoid your triggers to smoke.
- Check in often with your healthcare team and support systems to continue your progress to quit.

On average, people spend 2 hours each day smoking. When you decide to quit smoking, fill this time with something important to you.



Relationships with cigarettes and feelings about quitting can be complex. It's okay if you've struggled to quit in the past. Many people try more than one time before they can completely stop smoking.

Having your own personal reasons for quitting can help you stay focused on your goal.



Keep your list of reasons why you want to quit smoking where you can see them often. You can post them on your mirror or refrigerator or keep them in your purse or wallet as a reminder. Remember, quitting smoking is a process. Be patient with yourself, and ask for help and support when you need it.

If you're thinking about getting a lung cancer screening, think about quitting smoking. For yourself, your health, and your loved ones. For more information about screening, lung cancer, current treatments, support options, and/or referrals to other resources, please visit go2.org, call our HelpLine at 1-800-298-2436, or email support@go2.org.



Confronting Lung Cancer Starts Here

