

YOU ARE NOT ALONE



19% of Alaska cancer survivors
are current smokers.*

Many smokers make **several quit attempts**
before staying quit for good.

- Last year, over 100 tobacco users who had been diagnosed with cancer called Alaska's Tobacco Quit Line.
- Research has shown that smoking after a cancer diagnosis interferes with chemotherapy, surgery and radiation therapy. It can slow healing after surgery, increase the risk of side effects and decrease the effectiveness of radiation and chemotherapy.

*BRFSS AK

Help your recovery. Quit for good.
Alaska's Tobacco Quit Line can help 1-800-QUIT-NOW

"I smoked for 35 years and never went anywhere without my cigarettes. ...I am free. I am healthier. And my family is proud of me."

-Alaska Tobacco Quit Line caller

YOU CAN QUIT



- Alaska's Tobacco Quit Line is FREE for all Alaskans. Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Alaska's Tobacco Quit Line services include phone, web and text-based coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the *Ally Guide*.

Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.
alaskaquitline.com