

19% of Alaska cancer survivors are current smokers.*

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

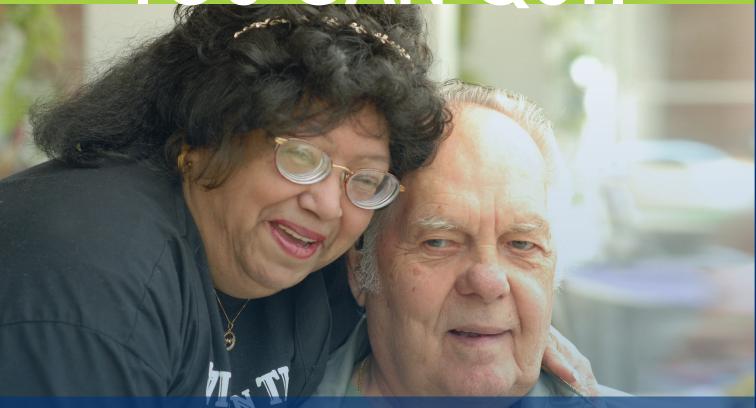
- Last year, over 100 tobacco users who had been diagnosed with cancer called Alaska's Tobacco Quit Line.
- Research has shown that smoking after a cancer diagnosis interferes with chemotherapy, surgery and radiation therapy. It can slow healing after surgery, increase the risk of side effects and decrease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

