

Quit smoking

Good to know

Quitting smoking is good for your health, no matter what type or stage of cancer you have or if the cancer has come back.

If you are thinking of quitting smoking, we suggest you speak to a specialist who can help you. These medical consultations, also called tobacco cessation counselling, are covered by basic health insurance.

If you've decided to quit smoking, well done! Don't worry about cravings: the worst of the symptoms of quitting usually happens during the first week, and then they gradually get better.

Tips for quitting smoking

The most effective method for quitting smoking is a combination of 1) regular monitoring (or at least one counseling session) with a smoking cessation specialist or your doctor and 2) nicotine replacement or other medication. You can ask your family doctor for advice.

Consultations can help you find the best replacement for you, help you to identify situations where you risk restarting smoking, and put in place ways to stop that from happening.

The most effective treatment is to combine long-acting nicotine replacement patches with short-acting treatments. These can be lozenges, gum, inhalers, or oral spray. 12 weeks of treatment is recommended.

Talking therapies, where a healthcare professional helps you to change your behaviour and supports your motivation can also be effective.

Peer-support groups can help you achieve your goal.



Good reasons to stop smoking

Stopping smoking can have a positive effect on:

- Your breathing, endurance, and energy
- Your quality of life and life expectancy

Risks may also be reduced in relation to:

- The worsening or start of other long-term illnesses, especially heart and lung diseases
- The side effects of cancer drug treatments and radiotherapy
- Problems during surgery

Do you want to quit?

- Decide on a date when you will stop smoking.
- Choose how to quit smoking: stop suddenly or gradually using nicotine substitutes, with the aim of quitting for good.
- Decide whether you want to use nicotine replacement therapy and/or personalised counselling.
- Before you quit, make sure you throw away your cigarettes, lighters, and ashtrays.
- Come up with a plan to deal with cravings. For example, you could drink a glass of water, listen to music, do some exercise, or try some stress management techniques.

Support for Quitting Smoking

- Swiss Cancer League website **«No Smoking»**
- **«Stop-Tobacco helpline »**0848 000 181 (free, anonymous, available in 10 languages)
- **«Stop-tabac.ch »**Detailed information on quitting smoking, coaching, nutrition, weight management, and more