

Cancer is a stressful time not only for the person with cancer, but caregivers as well. If you smoke or use other substances, it may be a hard time to think about stopping. The other substances may be alcohol, drugs, or medications not prescribed for you. However, some of these actions can be not only harmful to you, but also to your loved one with cancer. This is especially true while they are in treatment or recovering. Please talk to your personal health care provider about how you can work together to get the help you might need.

If you stop smoking or get treatment for drug or alcohol abuse, it may improve the overall health and quality of life of you and your loved one. If you want help with substance abuse or to stop smoking, your health care team can connect you to resources.

SMOKING AND TOBACCO USE

Quitting smoking at any time will improve your overall health and quality of life. It is also important that you not expose your loved one to secondhand smoke during their treatment and recovery.

To stop smoking, talk with your health care team about your tobacco use. Understanding your situation can help them find the best plan to help you stop smoking. Your doctor may be able to refer you to a certified smoking cessation counselor or mental health counselor.

There are several groups that will help you if you want to stop smoking:

National Cancer Institute — toll-free telephone Quit-line:
800-784-8669 • www.smokefree.gov

American Cancer Society — Guide to Quitting Smoking and
toll-free telephone Quit-line: 800-227-2345

ALCOHOL, PRESCRIPTION, OR DRUG ABUSE

To come up with the best treatment and manage any side effects, tell your health care team your history of using alcohol and other drugs, especially illegal substances. They may ask you about your use of alcohol or illegal drugs. But even if they don't, share this information. Drugs and alcohol can keep other medications you are taking from working their best. In



www.CancerSupportCommunity.org
1-888-793-9355



addition, using these substances may keep you from providing the kind of support to your loved one with cancer that you would like.

If you want to get help for use or abuse of alcohol or drugs, your health care team will help you find treatment in your area.

You can also contact:

SAMHSA Behavioral Health Treatment Services Locator

800-662-4357 • **findtreatment.samhsa.gov**

Alcoholics Anonymous

www.aa.org

Narcotics Anonymous

www.na.org

General Cancer Information, Survivorship & Support

Cancer Support Community • 888-793-9355 • www.CancerSupportCommunity.org

American Cancer Society • 800-227-2345 • www.cancer.org

CancerCare • 800-813-4673 • www.cancercare.org

Cancer.net • 888-651-3038 • www.cancer.net

Caregiver Action Network • 855-227-3640 • www.caregiveraction.org

Healthcare.gov • www.healthcare.gov

Livestrong Foundation • 866-673-7205 • www.livestrong.org

National Cancer Institute • 800-422-6237 • www.cancer.gov

National Center for Complementary and Alternative Medicine • 888-644-6226 • www.nccam.nih.gov

Patient Advocate Foundation • 800-532-5274 • www.patientadvocate.org

Cancer Support Community Resources

Cancer Support Community's (CSC) resources and programs are available free of charge. Call 888-793-9355 or visit www.CancerSupportCommunity.org for more info.

Cancer Support Helpline® — Have questions, concerns or looking for resources? Call CSC's toll-free Cancer Support Helpline (888-793-9355), available in 200 languages Mon–Fri, 9 am–9 pm ET.

Open to Options® — Preparing for your next appointment? Our trained specialists can help you create a list of questions to share with your doctor. Make an appointment by calling 888-793-9355 or by contacting your local CSC or Gilda's Club.

Frankly Speaking About Cancer® — Trusted information for cancer patients and their loved ones is available through publications, online, and in-person programs. www.CancerSupportCommunity.org/FranklySpeakingAboutCancer.

Services at Local CSCs and Gilda's Clubs — With the help of 170 locations, CSC and Gilda's Club affiliates provide services free of charge to people touched by cancer. Attend support groups, educational sessions, wellness programs, and more at a location near you. www.CancerSupportCommunity.org/FindLocation.

MyLifeLine — CSC's private, online community allows patients and caregivers to easily connect with friends and family to receive social, emotional, and practical support throughout the cancer journey and beyond. Connect with other caregivers by joining the Caregiver Support online discussion board. Sign up at www.MyLifeLine.org.

Grassroots Network — Make sure your voice is heard by federal and state policy makers on issues affecting cancer patients and survivors by joining our Network at www.CancerSupportCommunity.org/become-advocate.

Cancer Experience Registry® — Help others by sharing your cancer patient or cancer caregiver experience via survey at www.CancerExperienceRegistry.org.

The Cancer Support Community provides this information as a service. This publication is not intended to take the place of medical care or the advice of your doctor. We strongly suggest consulting your doctor or other health care professionals to answer questions and learn more.

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