

## Patient information factsheet

# Teenage and young adult (TYA) cancer care

## Smoking

If you smoke, it's important that you understand the following:

- Smoking during chemotherapy stops the lung's natural immunity working properly.
- Smoking also increases the risk of infection because tobacco is likely to contain fungal spores.
- Fungal lung infections are serious as they are difficult to treat.
- People with a cancer diagnosis are more likely to get other cancers later - stopping smoking cuts your risk of lung cancer.

### Help to quit

It can be difficult and stressful trying to give up smoking at any time, but especially while having cancer treatment. However, there is help available. We can refer you to a local stop smoking group for support and/or give you nicotine patches to help reduce cravings. You may also find the links below helpful.

### Vaping

Although the effects of vaping (e-cigarettes) haven't yet been studied in depth, it is widely believed that they are much less harmful to health than smoking and could help smokers move away from cigarettes. However, while you're having chemo, vaping can cause a sore mouth which allows bacteria in. So it's advisable to stop.

### Smoking and vaping in the hospital

Please remember that smoking and vaping are not allowed in the hospital.

### Who to contact

Your TYA nurse specialist: **07920 708342**

Acute oncology service (24-hour helpline): **07867 973649**

### Useful links

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

[www.nhs.uk/live-well/quit-smoking/take-steps-now-to-stop-smoking/](http://www.nhs.uk/live-well/quit-smoking/take-steps-now-to-stop-smoking/)

[www.quit4life.nhs.uk](http://www.quit4life.nhs.uk)

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