

BUTT OUT

BEFORE Surgery!



Headed into hospital for surgery?
There's never been a better
time to kick tobacco.



BC Cancer Agency
CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs



northern health
the northern way of caring



Canadian
Cancer
Society

BRITISH COLUMBIA AND YUKON

Quit before surgery and cash in on these benefits...

Your surgical wounds will heal faster.

Your lungs and wounds are less likely to become infected.

Your stay in the hospital will be shorter.

Tried to quit before?

Stopping before surgery will increase your chances of quitting for good.

Get in shape for surgery.

For information about your options and tips for quitting visit:
www.quitnow.ca

For Free Nicotine Patches or Gum
Call HealthLink BC at 8-1-1

Check with your pharmacist about coverage for medications to help you quit.

