

THE RIGHT TIME...
THE RIGHT REASONS

WOMEN

related to people with lung cancer talk about reducing and quitting smoking



ABOUT THIS BOOKLET

This booklet is for family members of people with lung cancer who know what it's like to be someone who smokes and cares about a loved one who has lung cancer. In this booklet, family members talk openly and honestly about reducing and quitting smoking. Knowing that you are not alone in your desire to reduce and quit will help you take that first step on the road to becoming smoke-free. The route you choose is up to you but suggestions are included in this booklet to help you along the way.

SUGGESTED CITATION

Bottorff, J. L., Robinson, C. A., Sarbit, G. & Torchalla, I. (2015). *The right time. The right reasons: Families of lung cancer patients talk about reducing and quitting smoking*. Kelowna, BC: Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia, Canada. This publication is also available for download at: www.itag.ubc.ca

ACKNOWLEDGEMENTS

The team sincerely thanks all of the families who participated in the research. We would also like to thank Svea Brousseau for providing assistance with the design, and the expert reviewers for their valuable contributions. This publication is based on research conducted as part of the Investigating Gender and Tobacco (iTAG) research program (www.itag.ubc.ca). Funding was provided by the Canadian Institutes for Health Research.

ISBN 9780888650092

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a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

WHAT DOES IT MEAN
TO BE A FAMILY?

we laugh.
we love.
we share.
we provide.



WE PROTECT EACH OTHER



Lung Cancer.

LIFE. CHANGES.

I SEE

what lung cancer has done to my family.



LUNG CANCER.

I know the facts. Or do I?

- | | |
|--|--------------|
| 1. Lung cancer is the leading cause of cancer death for both men and women. | TRUE / FALSE |
| 2. There are more than 70 cancer causing agents in cigarette smoke. | TRUE / FALSE |
| 3. Cigarette smoking accounts for about 90% of lung cancers. | TRUE / FALSE |
| 4. Once someone has lung cancer, they can keep smoking because it doesn't pay to quit. | TRUE / FALSE |
| 5. Second-hand smoke is harmful to non-smokers because it increases their chance of getting lung cancer. | TRUE / FALSE |
| 6. Within 72 hours of quitting smoking, breathing is easier and lung capacity increases. | TRUE / FALSE |

7.	The nicotine patch and nicotine gum are free in many provinces in Canada.	TRUE / FALSE
8.	Quitting smoking at any age can lower the risk of lung cancer.	TRUE / FALSE
9.	Quitting smoking helps make lung cancer treatments more successful.	TRUE / FALSE
10.	People with lung cancer don't worry about their family members who smoke.	TRUE / FALSE
11.	Family members who smoke make it harder for persons with lung cancer to stay smoke-free.	TRUE / FALSE
12.	Smoking is a good way to manage stress, especially if a family member has lung cancer.	TRUE / FALSE

MY SCORE: out of 11

Answer key:
1. True 2. True 3. True 4. False 5. True 6. True 7. True 8. True 9. True 10. False 11. True 12. False

LISTENING TO PATIENTS with Lung Cancer

“After I got lung cancer, my sister and I quit smoking. That was our gift to each other. But my sister got back into the habit again and it’s really hard for me to watch her smoking. I’m so worried she will get lung cancer too.”



“My family is so important to me and I really worry about my daughter. She’s still smoking and I know that nagging her to quit doesn’t help. But what if she gets lung cancer too and I’m not here to help her through it? I wish she didn’t get so mad when I talk to her about not smoking.”

WHAT DOES THIS HAVE TO DO WITH ME?

Just because someone in my family has lung cancer, doesn't mean I will. I know every cigarette I smoke is tempting fate but I tell myself that lung cancer happens to other people, not me.

But we're a family who cares about each other and now I worry about the effects of my smoking. Should I try harder to quit smoking? Maybe it's the right time . . .

I've been smoking for so many years, and I know I'll put on 5 extra pounds if I quit. Do I really want to put on those pounds?

I know that a cancer diagnosis is far more serious than putting on a little weight.

Still, smoking helps me get through the day and it doesn't affect anyone else because I take it outside. My family doesn't even know how much I smoke because I smoke by myself when I'm at home.

We used to smoke together and have long talks. Now because I'm still smoking, we don't talk as much anymore and I really miss those times together.



I CARE...



IT'S THE RIGHT TIME... FOR THE RIGHT REASONS.

Because I'm worth it.

Because they're worth it.

\$ SMOKING COST CALCULATOR:
<http://bit.ly/calculatenow>

I smoke 15 cigarettes a day.
If I quit I would save...

IN ONE WEEK:	\$42.00
IN ONE MONTH:	\$180.00
IN ONE YEAR:	\$2,190.00
IN FIVE YEARS:	\$10,950.00



BUT HOW CAN I QUIT?

WHAT DO OTHER WOMEN SAY? WHAT WILL WORK BEST FOR ME?

Stressbusters!

Just thinking about surgery was stressful. Learning ways to manage the stress was the most important part of quitting. Getting out for a walk and letting my family help around the house were two ways that worked for me.

One Step at a Time!

I didn't need to stop smoking to start quitting before my surgery. I reduced the number of cigarettes that I smoked and kept reducing until I was totally quit.

Family Counts!

My family depends on me so I needed to get back on my feet as quickly as possible after surgery. It was more important for me to be healthy as I could be than to smoke. The added bonus was the money I saved by quitting.

Dress for Success!

I don't know how people do it cold turkey! I needed more than willpower to reduce and quit for my surgery. I wore the patch and chewed gum for 2 months before I went to hospital.



A Recipe for Recovery!

I wanted my incisions to heal quickly, so I contacted the Quit Line about the best ways to keep from smoking. They gave me some very useful tips for getting over my cravings after surgery.



Clear the Air!

Family gatherings used to include smoking. But since I decided to quit smoking for surgery, my family has worked together to make our home a smoke-free zone. This has helped me so much to stay quit.



Woman to Women!

My niece was my support buddy and believed I could quit before my surgery. She sent emails and cards to encourage me to keep at it and that helped a lot.



I can start now...



A COMMITMENT TO QUIT

As of I will start to quit smoking. By signing this contract, I promise myself to do my best to become smoke-free.

Signature:

CANCER INFORMATION: 1-888-939-3333

QuitNow By Phone: 1-877-455-2233

- Free confidential quit smoking phone support; open 24/7
- Information on getting the patch and nicotine gum

QuitNow Online: www.quitnow.ca

- Internet-based quit smoking service
- Strategies to make your quit a success