



*THE RIGHT TIME...
THE RIGHT REASONS*



MEN

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.

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a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

WHAT DOES IT MEAN
TO BE A FAMILY?

WE PROTECT.
WE PROVIDE.
WE SHARE.
WE LOVE.



WE ARE STRONG FOR EACH OTHER

Lung Cancer.

A photograph of a man with glasses lying in a hospital bed, looking up. A caregiver, a man with grey hair, is sitting beside the bed, holding the patient's hands. Medical equipment, including an IV drip and a vital signs monitor, is visible in the background. The scene is set in a hospital room with wood-paneled walls.

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

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

Answer key:

“My husband continued to smoke after I was diagnosed with lung cancer and it really bothered me. We would go out for dinner and he would leave me to go for a cigarette. I didn’t like being left alone. He gets upset if I ask him not to smoke.”



Listening to Patients with Lung Cancer



“I’ve quit smoking since I was told I have lung cancer. When I’m stressed, I would like to be with my son. But he smokes. I worry all the time that if he keeps smoking, he’ll get lung cancer too.”

What does this have to do with me?

I like everything about smoking. I'm not thinking about quitting even though lung cancer is in the family now.

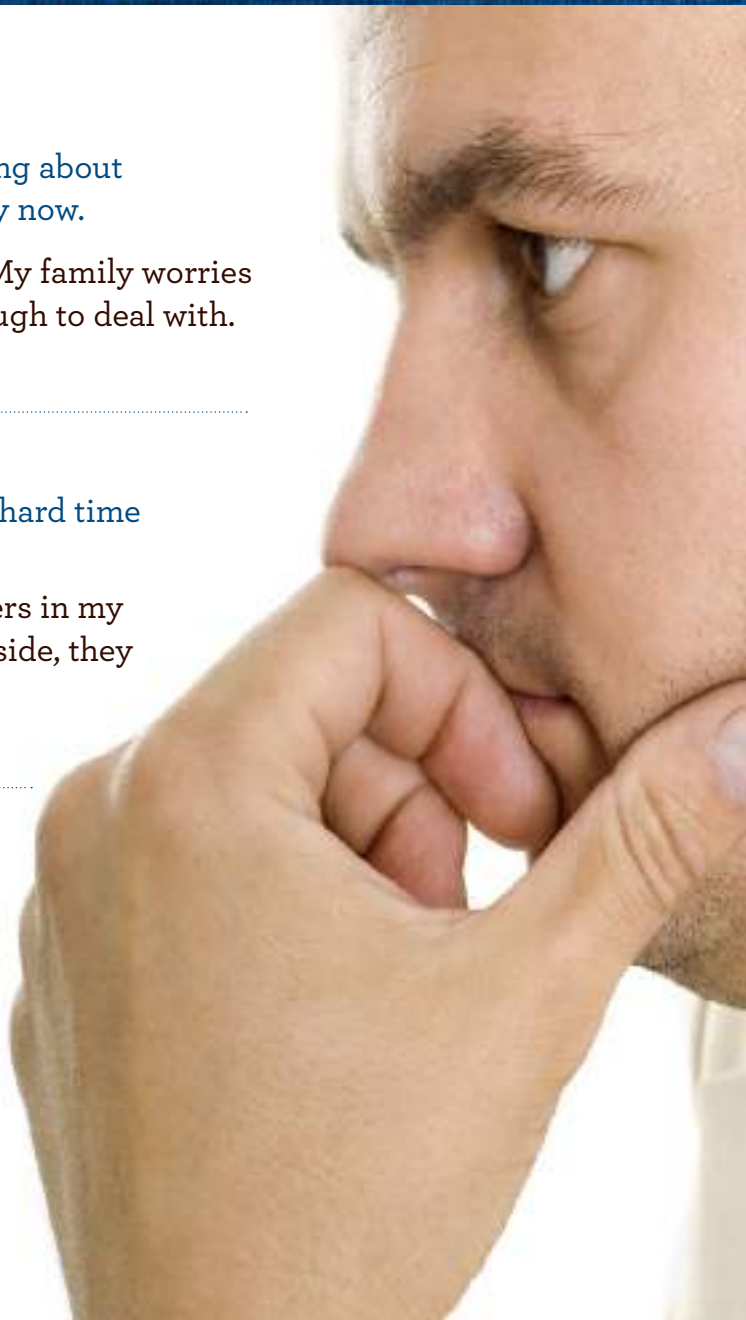
But my smoking isn't just about me anymore. My family worries about my smoking and right now they have enough to deal with.

I will quit smoking eventually but I'm having a hard time dealing with things right now.

But I know my smoking makes it harder for others in my family to stop smoking. Even when I smoke outside, they can still smell it on my clothes.

I've tried many times to quit smoking but it wasn't the right time. When I'm ready, I'll quit and right now I'm not ready.

But I don't want to be outside smoking, away from my family and missing time together. They need me.



I Care.





Because I'm worth it.

**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

SMOKING COST CALCULATOR
<http://bit.y/calculatenow>

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



Because they're worth it.

BUT HOW CAN I QUIT?

WHAT DO OTHER MEN SAY? **WHAT WILL WORK BEST FOR ME?**



Ask for directions!

I asked my doctor to help me decide the best way to quit smoking. I used the patch for about 3 months and other guys say gum helps too.



Working it out!

I started going to the gym regularly and I'm getting stronger. The more I exercise, the less I feel like smoking.



Now I can do it!

Once I stopped buying cigarettes, I realized just how much money I was spending! I can afford a golf cart now, so my dad who has lung cancer can play a few holes with me.



I'm the Boss!

I've been trying all my life to quit smoking. But this year I told myself I'm not going to smoke anymore. I made up my mind that I'm the boss now, not the cigarette. That was it, I just quit cold turkey.



Family matters!

I don't smoke when we have family dinners. There's so much going on that it takes my mind off cravings.

Quitting is tough . . .
but my family is behind me so that helps a lot.



I can **start** now...



A DEAL WITH MYSELF

As of I will start to quit smoking.
By signing this contract, I am making a
deal with 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