



Reasons to STOP

- To help your heart, lung, and immune health
- To help your cancer medicines work better
- To help manage radiation better
- To speed recovery from surgery
- To prevent a second or recurrent cancer
- To help those you live with breathe clean air

Stop Tobacco Now to Beat Cancer

Our UC Davis team can help you quit tobacco before and throughout your treatment.



Classes &
individual
counseling



Medicines to
help you quit



Kick It
California
quitline & text

TAKE THE FIRST STEP

Connect with our Stop Tobacco Program.

- Call to schedule an online class or speak to a tobacco treatment specialist: (916) 732-4494
- Email: hs-healtheducationclass@ucdavis.edu
- Visit us at: <https://ucdavis.health/stoptobacco>