



Talking to Your Health Care Professional (Pocket Size Guide)

You will want to let your health care professional know about your history of tobacco use:

- Do you smoke every day or some days?
- How soon after waking up do you smoke your first cigarette?
- How many years have you been smoking?
- How many cigarettes do you smoke per day?
- How old were you when you started smoking?
- How many times have you tried to quit smoking? How long were you able to quit each time?
- What methods have you used or are using now to try to quit smoking?
- Do people in your household smoke?
- Is smoking allowed in your workplace?

Questions for Your Health Care Professional

Your health care professional is your partner in your effort to quit. Consider asking your health care professional the following questions:

- What medications can help me stop?
- How can I change my lifestyle to make quitting easier?
- How can I avoid situations that make me want to smoke or use tobacco?
- How can you and your team help me manage the stress of quitting along with the stress of a cancer diagnosis?
- What resources for quitting smoking or tobacco use are in my community?
- How can my family and friends help me?
- How often should we discuss my progress?