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Stopping Tobacco Use After a Cancer Diagnosis [1]

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March 19th marks [Kick Butts Day](#) [2], a tobacco-free initiative specifically focused on youth. In light of this awareness day, you may be hearing about the importance of stopping tobacco use, sometimes called tobacco cessation.

According to a [2012 National Cancer Institute report](#) [3], many cancer survivors continue to smoke after being diagnosed, and young survivors are much more likely to be current smokers. Many believe there's no point in quitting after a cancer diagnosis. *But it's never too late to quit!*

In this podcast, Dr. Graham Warren, a radiation oncologist and cancer researcher, highlights the importance of stopping tobacco use after a cancer diagnosis and gives tips for finding resources to help you quit.

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Links:

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[2] <http://www.kickbuttsday.org/>

[3] http://progressreport.cancer.gov/doc_detail.asp?pid=1&did=2011&chid=101&coid=1038&mid

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