

## “I’m trying to recover from drug/alcohol addiction. What should I do about my smoking?”

*Are there other people who worry about this?*

- Yes, you are not alone! The rate of smoking cigarettes among those who are addicted to other substances is 2-3 times higher than the rest of the population.<sup>1</sup>
- Over two thirds of tobacco users want to quit. Over half try to quit each year.<sup>2</sup>

*Is it ok to try to stop smoking in early recovery?*

- Yes. Quitting smoking can actually help you with your overall recovery.<sup>3</sup>
- Patients in drug treatment who quit using tobacco are more likely to stay drug/alcohol free than those who keep smoking.<sup>3</sup>

*Is it ok to wait to quit smoking until I feel more solid in my recovery?*

- Yes. This is a personal decision. For some people, quitting smoking while also quitting other substances can feel overwhelming.
- Whenever you feel ready, go for it! You can succeed even if you have mixed feelings about quitting tobacco.

*Why does quitting smoking matter?*

- More people will die from smoking than from all other addictions, including alcoholism, combined.<sup>4</sup>
- Addictions thrive in the company of other addictions. Your success at quitting other substances improves if you also quit smoking.

*What is my next step?*

- Ask for help! For free, friendly, confidential help, call the Maine Tobacco HelpLine at 1-800-207-1230 or visit [TheQuitLink.com](http://TheQuitLink.com) for support.
- Remember that tobacco treatment medications can help. Ask your counselor, physician, or the Maine Tobacco HelpLine for assistance.

## Sources of Information

<sup>1</sup> McClure, E. A., Campbell, A. N., Pavlicova, M., Hu, M., Winhusen, T., Vandrey, R. G., Nunes, E. V. (2015). Cigarette Smoking During Substance Use Disorder Treatment: Secondary Outcomes from a National Drug Abuse Treatment Clinical Trials Network study. *J Subst Abuse Treat*, 53, 39-46. doi:10.1016/j.jsat.2014.12.007

<sup>2</sup> Gulliver, S. B., Kamholz, B. W., & Helstrom, A. W. (2006). Smoking cessation and alcohol abstinence: what do the data tell us? *Alcohol Res Health*, 29(3), 208-212.

<sup>3</sup> Knudsen, H. K. (2016). Implementation of smoking cessation treatment in substance use disorder treatment settings: a review. *Am J Drug Alcohol Abuse*, 1-11. doi:10.1080/00952990.2016.1183019

<sup>4</sup> A Report of the Surgeon General: How Tobacco Smoke Causes Disease, 2010