
Healthy Living, Healthy Mind - Quitting Smoking

Hormone therapy is the most effective way to reduce the chance of the breast cancer coming back. Being active and having a healthy diet can help too! Why not try to **combine hormone therapy with a healthy lifestyle** to reduce your risk of breast cancer coming back.

In this section you can find suggestions, hints and tips for making changes to your lifestyle or looking after your physical and mental health. These are based on research and conversations with women taking hormone therapy. They may also help with some of the side-effects of hormone therapy that you might experience.

Why should I combine hormone therapy with a healthy lifestyle?

Some people don't like the idea of taking medicines. They may have heard that other methods can be used to manage cancer risk, like special diets, herbal or other alternative treatments, or simply maintaining a healthy lifestyle and positive attitude. It's true that anything you do to maintain a healthy lifestyle - like healthy eating and staying active - can only help. However, in terms of reducing the risk of breast cancer coming back the evidence is strongest for hormone therapy, and it is best if you are able to combine taking HT with a healthy lifestyle. Research shows that hormone therapy works and combining it with a healthy lifestyle is the best way to reduce your risk of breast cancer coming back.

Smoking

Research studies clearly show that smoking is associated with worse outcomes, including lower survival, in women diagnosed with breast cancer. There are also suggestions that smoking can affect how well hormone therapy works. Smoking is also linked to a higher risk of many other types of cancers (so can increase chances of being diagnosed with another cancer), as well as blood clots, stroke and heart disease.

If you smoke, stopping will benefit your overall health. The sooner you stop smoking, the lower your risk of another cancer or heart disease will be. So, it is worth stopping even if you have smoked for years.

If you are currently a smoker and would like to learn more about what can help you stop, read the information below:

What can help with stopping smoking?

Smoking can be a very hard habit to break. However, you are four times as likely to stop with the help of stop smoking services.

Here are some useful resources to help you to quit:

- Speak to your GP or pharmacist about how they can support you. They will be able to tell you about support services and suggest (or prescribe) some things that can help quit such as nicotine patches, inhalers or sprays.
- Contact your local NHS Stop Smoking service. To find your local service, type this weblink into your browser: <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/?tabname=advice-and-support> - or call the Smokefree Helpline on 0300 123 1044.
- Download the NHS Smokefree app. This will help you make a personal quit plan. You can find it in the app store and it's free to download.
- Visit the Better Health website for helpful tips, guidance and email support. To access this, type this weblink into your browser: <https://www.nhs.uk/better-health/quit-smoking/>
- Join and chat to others in the 'Quit Smoking' Facebook group.