

## **Jamison: Patient Education and Wellness**

### **HANDOUT 16.3: THE POTENTIAL COSTS OF SMOKING**

#### **A CHECKLIST OF DEFINITE HEALTH RISKS**

I am concerned about increasing my risk of:

- ☐ a reduced life expectancy
- ☐ coronary artery disease. Smokers have a 30–300% increased risk of ischaemic heart disease
- ☐ peripheral vascular disease
- ☐ lung cancer. Smokers have a 700–1500% increased risk of lung cancer
- ☐ laryngeal cancer
- ☐ oral cancer
- ☐ oesophageal cancer
- ☐ chronic obstructive airways disease – by 1000–3000%
- ☐ intrauterine growth retardation
- ☐ low-birth-weight babies

#### **A CHECKLIST OF PROBABLE HEALTH RISKS**

I am concerned about any potential increase in my the risk of:

- ☐ unsuccessful pregnancies
- ☐ increased infant mortality
- ☐ peptic ulcer disease

#### **A CHECKLIST OF CONDITIONS TO WHICH SMOKING CONTRIBUTES**

I would not like to contribute to my risk of:

- ☐ bladder cancer
- ☐ pancreatic cancer
- ☐ renal cancer

#### **A CHECKLIST OF CONDITIONS ASSOCIATED WITH SMOKING**

I am at risk of:

- ☐ stomach cancer
- ☐ non-insulin-dependent diabetes

*A tick in any of the above boxes is a reason to quit smoking.*

*See also*

Life span

<http://www.webmd.com/hw-popup/smokings-impact-on-life-span>

Lung cancer <http://www.webmd.com/lung-cancer/medical-history-and-physical-examination-for-lung-cancer>

Heart attack risk <http://www.webmd.com/video/bernstein-smoking-affects-cardiovascular-risk>  
<http://www.webmd.com/hw-popup/smoking-and-risk-of-heart-attack>

Impotence

<http://www.webmd.com/sexual-conditions/guide/20061101/smokers-more-erectile-dysfunction>