

Jamison: Patient Education and Wellness

HANDOUT 16.11: REALITY CHECK FOR SMOKERS AND WOULD-BE SMOKERS

10 FALSE BELIEFS

http://www.tobacco-facts.info/top_10_reasons.htm

- ☐ Smoking is the biggest risk factor for sudden cardiac death
- ☐ Smokers increase their risk of:
 - ☐ ischaemic heart disease by 30–300%
 - ☐ lung cancer by 700–1500%
 - ☐ chronic obstructive airways disease by 1000–3000%.
- ☐ Smokers reduce their life expectancy by:
 - ☐ around 880 days if female
 - ☐ around 2250 days if male
- ☐ Passive smoking, i.e. environmental exposure to tobacco smoke, increases the risk of heart disease by 30%
- ☐ Although smokers initially gain weight on stopping, their weight returns to that of the never-smoker over time
- ☐ Feeling more healthy and saving money are the two biggest benefits reported by smokers who quit

Check the cost of smoking

Financial

<http://www.healthcalculators.org/calculators/cigarette.asp>

http://www.tobacco-facts.info/cost_to_society.htm

Lifespan

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

Health

http://www.tobacco-facts.info/dangers_of_tobacco.htm

Family & friends: Secondhand smoke

http://www.tobacco-facts.info/second_hand_smoke.htm