

## Jamison: Patient Education and Wellness

### HANDOUT 16.1: SELF-ASSESSMENT: SMOKING AWARENESS

Tick the options that describe your smoking behaviour.

- ☐ Do you smoke everyday?
- ☐ Do you smoke more than 10 cigarettes/cigars/pipes each day?
- ☐ Have you smoked for a number of years?
- ☐ Do you smoke cigarettes without a filter?
- ☐ Do you inhale?
- ☐ Do you smoke more than 70% of each cigarette?
- ☐ Do you enjoy alcohol with a smoke?

Morbidity and mortality increases more in cigarette than pipe and cigar smokers.  
*The more ticks you have scored, the greater your health risk from smoking.*

Do you:

- ☐ have a chronic cough?
- ☐ have difficulty breathing out?
- ☐ have an increased anteroposterior chest diameter?
- ☐ cough up blood-stained sputum?

A tick in any box suggests you may have a smoking-related lung disease.

#### THE RISKS:

Smoking [http://www.tobacco-facts.info/dangers\\_of\\_tobacco.htm](http://www.tobacco-facts.info/dangers_of_tobacco.htm)

Secondhand smoke [http://www.tobacco-facts.info/second\\_hand\\_smoke.htm](http://www.tobacco-facts.info/second_hand_smoke.htm)

Benefits of quitting smoking include:

- ☐ within an hour:
  - ☐ heart rate and blood pressure return to normal
  - ☐ body temperature returns to normal
- ☐ within 1 day:
  - ☐ circulation and blood oxygenation improves
  - ☐ fine motor coordination improves
- ☐ within 3 months:
  - ☐ improved respiratory function, endurance and stamina
  - ☐ improved respiratory immune and ciliary function
- ☐ within 1 year:
  - ☐ reduced personal risk of tobacco-related cardiovascular disease
  - ☐ weight gain
- ☐ within 10 years:
  - ☐ reduced personal risk of tobacco-related cancer
  - ☐ reduced personal risk of tobacco-related facial wrinkling
  - ☐ further reduction of risk of tobacco-related cardiovascular disease

See Benefits of quitting

[http://www.tobacco-facts.info/tobacco\\_withdrawal.htm](http://www.tobacco-facts.info/tobacco_withdrawal.htm)