

Motivating patients to quit: the facts about smoking

Remind patients that smoking can have serious consequences to physical and mental health

Oral health complications³

- Periodontal disease (receding gums, bone damage, tooth loss)
- Increased risk of cancers of the mouth and throat
- Bad breath and stained teeth

Respiratory diseases⁴⁻⁸

- Cigarette smoking is the most common cause of chronic bronchitis and almost 50% of smokers develop this condition
- Tobacco is a powerful trigger of asthmatic symptoms
- 85% of all new cases of lung cancer are caused by smoking
- Smoking causes 80-90% of COPD cases

Psychiatric disorders^{1,2}

- Smoking is more prevalent in people diagnosed with a mental health disorder vs those not diagnosed:
 - Mental health or substance use disorder in lifetime: 32.3% vs 15.5%
 - Alcohol abuse or dependence in lifetime: 37.8% vs 17.2%
 - Mood disorder: 33.6% vs 17.4%
 - Anxiety disorder: 34% vs 17.5%
- Rate of smoking amongst patients with schizophrenia is up to 4x the rate of the general population

Cardiovascular diseases^{9,10}

- 30% of all smoking-related deaths are from heart disease and stroke
- 35% of peripheral artery disease-related hospitalizations are associated with tobacco use

Risk for diabetes¹¹

- 30-40% of smokers are more likely to develop type 2 diabetes than non-smokers

Smokers have a higher risk of developing various cancers, not just lung cancer^{12,13}

- ~30% of all cancer deaths are associated with smoking
- 40% of all cancers may be linked to smoking

Reaffirm that smoking is a “bona fide” addiction^{14,15}

Probability of dependence after trying a substance at least once



Percentage of patients who were able to quit a substance¹⁶



40%

Able to quit opiates such as heroin



18%

Able to quit alcohol



8%

Able to quit smoking

Analysis of 28 different studies of people who were trying to quit using the substance they were addicted to. Researchers focused on those who didn't get any medicines to help them quit. Some people had behavioural therapy.

REMIND PATIENTS:

Quitting smoking reduces the risk of developing lung and other cancers, COPD, and other serious diseases.

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