

Health effects of smoking and tobacco use

Reasons why your pharmacist wants to help you quit!

Interactions with medications

- anti-arthritis medication
- anti-depressant medications
- asthma medications
- birth control pills (oral contraceptives)
- blood clotting drugs (anticoagulants)
- blood pressure medications (cardiovascular agents)
- diuretics
- heart medication
- hormone therapy medication (estrogens)
- insulin
- migraine medication
- pain relievers (analgesics) such as Tylenol
- sleeping pills and sedatives
- stimulants
- tranquilizers
- ulcer medication (antagonists)
- vitamins (i.e., B12 and C)

Lungs and air passages

- sinusitis
- bronchitis
- pneumonia
- decreased lung function
- chronic obstructive lung disease
- more frequent chest complications after general anaesthetic
- cancer of the lung, tongue, larynx, throat, mouth, esophagus
- diseases of the esophagus

Heart

- heart attack
- sudden coronary death
- stroke (paralysis, loss of speech)
- other vascular diseases

Urinary tract

- cancer of the kidney
- cancer of the bladder

Reproductive system

- cancer of the cervix
- increased pelvic inflammatory disease
- ectopic pregnancy
- infertility (effect of nicotine on Fallopian tubes)
- male impotence
- decreased sperm count
- decreased sperm motility

During pregnancy

Risk to mother:

- abnormal delivery due to:
 - placenta previa
 - abruptio
 - premature rupture of membranes

Risk to unborn or newborn child:

- disorders of placenta
- decreased oxygen supply
- low birth weight
- sudden infant death syndrome (SIDS)



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Effects on children's health

Risk to children exposed to environmental tobacco smoke (or 2nd hand smoke):

- ear infections
- bronchitis
- pneumonia
- increased hospitalization below age two
- asthma
- higher future cancer risk
- attention deficit or related learning problems
- increased risk of nicotine addition later in life

Social conditions

- smoking even one cigarette a day puts you well along the road to addiction
- bad breath and stained teeth
- some non-smokers refuse to date smokers
- your skin becomes leathery

Other conditions

- cancer of the pancreas
- death and injury from:
 - fire
 - motor vehicle accidents
 - industrial accidents
- impaired wound healing (white blood cells affected, decreased blood and oxygen supply)
- increased failure of plastic surgery skin grafts
- nicotine cravings
- nicotine withdrawal

Digestive system

- aggravation of peptic ulcers
- aggravation of Crohn's disease

Benefits of stopping, or never starting to smoke

- less or no interaction with medications
- getting rid of, or avoiding an addiction to nicotine
- not exposing children, family, friends, and co-workers to 2nd hand smoke
- gaining better lung function
- being more fit
- reducing probability of a complicated pregnancy
- improving chances of conceiving a child and of having a healthy child
- lessening chance of heart attack stroke
- reducing chance of cancer
- allowing better circulation
- improving your body's capacity to heal wounds and recover from surgery
- saving money (one pack a day @ \$10 per pack will cost \$3650 in 1 year)
- avoiding hidden costs (e.g., life insurance, burns in furniture and clothing)
- benefiting the ecology (i.e., less indoor air pollution and garbage)
- feeling better about yourself and more in control of your life