



July 21<sup>st</sup>, 2012

## Quit Smoking!

The risks of smoking have long been known, but how about a few facts? A study in the United Kingdom has demonstrated that women who quit by middle age drop their excess risk of dying by about 90% over a 12 year period! This translated to an average of an extra 10 years of life. This correlates well with previous studies that noted the same trend in men. So, the message persists: Quit Smoking!

### Young People and Smoking

An analysis from Toronto's St. Michael's Hospital focused attention on the importance of addressing young people who smoke, as they have the most to gain. Quitting by age 30 can mean living as long as people who have never smoked! While anyone, at any age, can benefit from quitting, convincing young people to quit reaps the greatest rewards.

### Second Hand Smoke In Your Building

As a non-smoker, you may think that recent changes in smoking laws have greatly reduced your exposure to second-hand smoke. However, there remains one area that hasn't been addressed: your home! Multi-dwelling buildings were checked for smoke and it was found that many non-smoking families are continuing to be exposed to tobacco smoke from smokers living in the building. Be aware of how this may affect your health longer term.

### Weight Loss and Gains

A major reason often cited for not quitting smoking is the potential for weight gain. A study published in the British Medical Journal in July 2012 has found that this is, indeed, the case. However, the amount of weight gained is relatively small - only about 10 lb. And, in fact, 16% of smokers actually lost weight when they quit smoking! Any weight gained is a manageable number stacked against the risks of smoking, so quit first and deal with the weight after.

Pharmacists are an excellent resource when it comes to information and advice - both for quitting smoking and for losing weight. Don't forget to include them in your strategy for a better chance of success!