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## Health Impacts of Smoking and E-Cigarettes

About 17 percent of Canadians – almost 5 million people are smokers. Everyone knows that smoking is associated with lung cancer, pulmonary disease and cardiovascular disease, but now definitive studies are showing that smoking increases the risk of diabetes by 30-40 percent. According to the American Surgeon General's recent report, smoking can even be called a cause of diabetes. The good news, though, is that the sooner you quit smoking, the sooner you can start reversing that risk.

### The List of "Linked to" Diseases Grows...

It has been 50 years since the first Surgeon General's report on smoking linked smoking and lung cancer! How far we have come... or have we? Since then, smoking has also been linked to a multitude more diseases including diabetes, rheumatoid arthritis, immune dysfunction, tuberculosis, colorectal cancer, liver cancer, age-related macular degeneration, and erectile dysfunction. A long list of reasons to quit!

### Can Taxes Really Reduce Cigarette Use?

An article published in the New England Journal of Medicine is calling for a tripling of the taxes on tobacco! Noting that price is a key determinant in both starting and quitting smoking, such a marked increase in taxes would result in a doubling of the price of cigarettes – encouraging current smokers to quit (or reduce their use) while preventing others from starting. The authors believe this would reduce tobacco consumption by about 33 percent.

### Can E-Cigs Help You Quit Smoking?

Electronic cigarettes have been gaining popularity as a tool for quitting smoking, but several studies are demonstrating that they do not improve quit rates, don't even reduce cigarette consumption, and, in teens, actually contribute to nicotine addiction! The data relates specifically to e-cigarettes that contain nicotine, but it could also be argued that using the nicotine-free varieties does little to change habits either.

Are you ready to quit? Your chances of success are better when you are better informed. Talk to your pharmacist for advice – some even have specialized training in coaching you through the process!