

SURGEON GENERAL SAYS MORE DISEASES NOW CAUSALLY LINKED TO SMOKING

In 1964 Surgeon General Dr. Luther Terry released the historic report that linked smoking tobacco with lung cancer and heart disease. To mark the 50th anniversary this year, the [32nd Surgeon General's Report](#) (SGR) on Smoking and Health was released with important new information that you can use to help your patients who smoke make the commitment to quit.



NEW CAUSAL LINKS TO DISEASES

Diabetes Mellitus (Type 2): The evidence is now sufficient to infer that smoking is a cause of diabetes and smokers increase their risk of developing diabetes (type 2) by 30 to 40 percent. (SGR Ch.10, pg.544)

Rheumatoid Arthritis: The available evidence supports a causal association of smoking with risk for seropositive RA. (SGR Ch.10, pg.574)

Cancer Links: The report concludes cigarette smoking causes **colorectal and liver cancer** and also increases the failure rate of treatment for all cancers. One out of three cancer deaths in the U.S. is now caused by smoking. (SGR Ch.6, pg.293)

Reproductive Health Risks: The report states that evidence is sufficient to infer a causal relationship between maternal smoking and orofacial clefts (**cleft lip and cleft palates**) and increased risk of **ectopic (tubal) pregnancy**. The report also finds that **erectile dysfunction** is now causally linked to smoking. (SGR Ch.9, pg.499)

GIVE YOUR PATIENTS THE FACTS

- **Women's Risk for Lung Cancer, CVD & COPD Soars:** More women now die from **chronic obstructive pulmonary disease (COPD)** than men. New evidence also suggests that women may develop severe COPD at younger ages. (SGR Ch.7,pg.391)
- **Second Hand Smoke Confirmed:** Exposure to second hand tobacco smoke is causally linked to cancer, respiratory, cardiovascular diseases, and can also cause **strokes in exposed non-smokers**. (SGR Ch.8,pg.434)
- **Overall Lung Cancer Risk:** All smokers' **risk of lung cancer is higher today** despite lower overall consumption of cigarettes (SGR Ch.6,pg.186). This is likely because of higher levels of carcinogens in cigarettes and filters that allow for deeper inhalation than before.

THE BOTTOM LINE: YOUR ASSISTANCE MATTERS

Smoking is more harmful than ever but **you can make a difference** by encouraging your patients to quit! **Prescribing** FDA-approved medications and **referring patients** to supportive counseling **doubles** their chances of quitting permanently! ¹

Refer your patients to **QuitWorks** to receive **free** phone-based counseling and be screened for a **free** two-week supply of nicotine patches.* You'll receive **reports** updating you on their progress. To get started, visit www.QuitWorks.org.

¹ Fiore MC, Jaen CR, Baker TB, et al. **Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.**

*The nicotine patch offer runs through June 30, 2014, or while supplies last. Some medical restrictions apply.

QuitWorks is a program of the Massachusetts Department of Public Health
in collaboration with all major health plans.

For QuitWorks questions or comments email us: quitworksinfo@jsi.com

Make smoking history.