

For information and
help to quit smoking
call Smokers' Helpline
at 1-877-523-5333
or visit
www.smokershelpline.ca

For more
health-related
information
call York Region
Health Connection
at 1-800-361-5653
TTY 1-866-252-9933
or visit
www.york.ca/tobacco



Tobacco news and views to use

New CDC Surgeon General's report on tobacco health effects

This report has the latest information on the health effects of tobacco use and exposure as well as professional and consumer fact sheets. The conclusion is that there are no safe limits of tobacco exposure and every effort should be made to support patients toward a tobacco-free future.

http://www.cdc.gov/tobacco/data_statistics/sgr/2010/index.htm?s_cid=tw-osh49

Quitting smoking for more than five years lessens days spent in hospital

Former smokers (aged 45 to 64) who quit for more than five years averaged **no more** days in hospital than did never-daily smokers. Current daily smokers and former daily smokers who had quit in the past five years averaged more than **twice as many** days in hospital. Health care practitioners can improve health outcomes by asking patients about tobacco use at each visit, advising to quit or stay quit, assisting by providing quit strategies and arranging community supports such as Smokers' Helpline.

<http://www.statcan.gc.ca/pub/82-003-x/2009004/article/11033-eng.pdf>

Smoking linked to postpartum depression

A history of depression, smoking and not breastfeeding are all significant risk factors for postpartum depression. The presence of two or more of these factors, particularly smoking increased the risk. It is recommended that health care practitioners screen patients for smoking history to identify those at risk for depression and to support cessation efforts.

<http://www.jaoa.org/cgi/reprint/106/4/193>

Second-hand smoke and smoking associated with development of type 2 diabetes

This study suggests that exposure to passive (second-hand) smoke and active smoking are positively and independently associated with the risk of type 2 diabetes. The highest risk is among present smokers but exposure to second-hand smoke or a history of smoking also increases the risk. There is no safe level of second-hand smoke exposure. At every opportunity, discuss with patients the risks of smoking and second-hand smoke exposure as well as smoke-free strategies.

<http://care.diabetesjournals.org/content/early/2011/02/25/dc10-2087>