

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 national smoking cessation guidelines for pregnant and breastfeeding women

Reviews risks of exposure to tobacco smoke and outlines the most up-to-date evidence-based interventions including stop smoking medications that are effective from preconception to one year postpartum.

http://www.can-adaptt.net/File/Pregnancy_and_breastfeeding_v2.0_11.01.10.pdf

Almost half of periodontitis seen in adults is caused by smoking

People with periodontal disease are at significantly increased risk for developing diseases such as diabetes, cardiovascular disease and dementia. It is best practice for all health professionals in all settings to ask about tobacco use, advise to quit, assist with resources and arrange follow-up such as Smokers' Helpline.

<http://www.smokingcessationrounds.ca/crus/140-028%20English.pdf>

Smoking and second-hand smoke increase risk of breast cancer

Smoking increases the risk of breast cancer in pre- and post-menopausal women by 50 to 70 per cent. Younger, pre-menopausal women exposed to long term second-hand smoke increase their risk for breast cancer by 40 to 50 per cent. Health professionals should inform patients of the risk, encourage smoke-free homes and cars and help patients to quit smoking.

http://www.otru.org/pdf/special/expert_panel_tobacco_breast_cancer.pdf

Strategies used to quit smoking help prevent post cessation weight gain

Many people worry about the health effects of gaining weight when they quit smoking. It would take 35 to 45 kilograms of extra weight to have similar damaging effects as a pack of cigarettes per day. Most people gain about four to five kilograms while quitting. Remind patients that the best thing to improve health is to quit smoking. Encourage them to make healthier food choices, drink water and increase physical activity for weight management and help with nicotine cravings.

http://www.smokingcessationrounds.ca/crus/smokingceseng_04_08.pdf