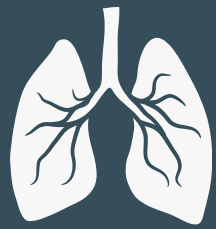


23% OF THE SPANISH POPULATION OVER 16 YEARS OF AGE IS A DAILY SMOKER

1

WHAT IS SMOKING?

Smoking is not a vice or a habit, it is a chronic disease caused by addiction to nicotine. This addiction has serious health consequences, especially for people with COPD or asthma.



⚠️ IMPACT OF SMOKING ON RESPIRATORY PATIENTS:

- **Increased symptoms:** Increased dyspnoea, cough and phlegm production.
- **Frequent exacerbations:** More hospital admissions due to worsening symptoms.
- **Progressive damage:** Accelerated loss of lung function.
- **Increased risk of respiratory infections.**



🔍 ARE E-CIGARETTES SAFE?

They contain toxic chemicals such as formaldehyde, acetaldehyde and acroleins, which are associated with respiratory tract irritation and lung toxicity.

They are not recommended for smoking cessation, especially in patients with COPD or asthma.

2

BENEFITS OF QUITTING SMOKING

Stopping smoking has a wide range of immediate and long-term health benefits. Here are some of them:



◆ OVERALL IMPROVEMENT IN HEALTH AND QUALITY OF LIFE:

Stopping smoking can increase life expectancy by up to 10 years.

◆ REDUCED CARDIOVASCULAR RISKS:

Stopping smoking significantly decreases the risk of heart disease and stroke. For example, within a year of quitting, the risk of heart disease is halved compared to someone who still smokes.

◆ DECREASED RISK OF CANCER:

Stopping smoking reduces the risk of developing several types of cancer, including cancers of the lung, mouth, throat, oesophagus, bladder and pancreas. Within 5 years of quitting, the risk of cancers of the mouth, throat, oesophagus and bladder is halved.

◆ REPRODUCTIVE HEALTH BENEFITS:

In women, stopping smoking before or early in pregnancy reduces risks such as low birth weight and premature birth.

3

ARE THERE OPTIONS FOR STOPPING SMOKING?

If the smoker wants to stop smoking, the treatment is based on:



◆ MEDICAL TREATMENT:


- Nicotine substitutes (patches, gum, tablets).
- Medication to reduce the desire to smoke: Bupropion and Varenicline: drugs of first choice for smoking cessation (*consult your GP*).

◆ PSYCHOLOGICAL SUPPORT:

- Individual or group therapy.
- Smoking cessation programmes.

◆ LIFESTYLE CHANGES:

- Relaxation and breathing exercises.
- Identification and management of triggers.



IF YOU WANT TO QUIT SMOKING, consult your nursing staff or primary care medical professional.