Smoking, Rheumatoid And Inflammatory Arthritis: Things for you to think about

this leaflet may help you to consider the benefits of quitting smoking. If you're reading this leaflet, it is likely you are a smoker and have Rheumatoid Arthritis (RA) or Inflammatory Arthritis (IA).

You are probably familiar with the risks associated with smoking, but you may not be aware that smoking can make your Rheumatoid and IA worse.

You already know, RA and IA can dramatically affect your quality of life. This is one change that you can make with our help to improve your RA & IA.



People with these conditions that smoke may have a higher risk of cardiovascular disease^{2, 3}

The effectiveness of your medication can also be reduced 4,5

RA and Inflammatory Arthritis may be more severe in smokers than non-smokers⁶

There is good medical evidence that quitting smoking can help to improve/lessen the severity of your RA / IA¹⁻⁸

really difficult and you may have already tried. Please don't give up as help is available, it isn't complicated to find out more and you don't have to do it on your own.

We realise that quitting can be

So if you are ready to give it a go you can get FREE help and support from your local Stop Smoking Wales Service by calling:

0800 085 2219.

This number will also provide details of Community
Pharmacies that provide a
Level 3 smoking cessation
service, or via your own GP.

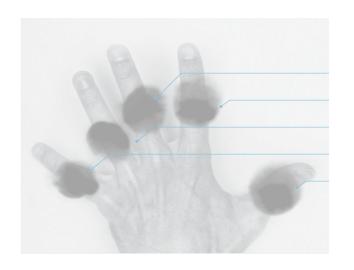
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If you'd like further
information
on RA and smoking,
visit the National Rheumatoid
Arthritis Society online at

www.nras.org.uk





There's also a dedicated hospital based service available for any patient who has RA or another long term or life threatening illness.

For more information about these services or advice about quitting please call our Smoke Free Counsellor:

Rob Davies at the Royal Gwent Hospital on 07976 468197 or 01633 238102

Advice on medication to support nicotine withdrawal can also be obtained from the hospital based pharmacists.

Respiratory pharmacist at Nevill Hall Hospital: 01873 732732. Ask for bleep 5707

Respiratory pharmacist at Royal Gwent Hospital: 01633 234234.
Ask for bleep 0261

Department of Rheumatology

www.gwentrheumatology.com

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Smoking and Rheumatoid Arthritis:

a handy guide.

This leaflet aims to give you the facts about smoking and Rheumatoid and Inflammatory Arthritis, to give you the best chance of more control over your condition.