

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

We realise that quitting can be 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.

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.

References

1. Sugiyama et al. Impact of smoking as a risk factor for developing rheumatoid arthritis: A meta-analysis of observational studies: *Ann Rheum Dis* 2010;69:70-81.
2. Manjari Lahiri et al. Modifiable risk factors for RA: prevention, better than cure? *Rheumatology* 2012;51:499512
3. Ulf Müller-Ladner et al. Cardiovascular risk management in patients with inflammatory arthritis: what is good for the joint is good for the heart and vice versa! *F1000 Medicine Reports* 2010, 2:27 (doi:10.3410/M2-27)
4. Saevarsdottir et al. Patients with early rheumatoid arthritis who smoke are less likely to respond to treatment with methotrexate and tumor necrosis factor inhibitors: Observations from the epidemiological investigation of rheumatoid arthritis and the Swedish rheumatology register cohorts: *Arthritis & Rheumatism* 2011;63:26-36.
5. Abhishek et al. Anti-TNF-[alpha] agents are less effective for the treatment of rheumatoid arthritis in current smokers: *Journal of Clinical Rheumatology* 2010;16:15-18.
6. Masdottir B. et al. Smoking, rheumatoid factor isotypes and severity of rheumatoid arthritis *Rheumatology* 2000; 39:1202-1205.
7. Klareskog L. et al. A New Model for an Etiology of Rheumatoid Arthritis. *Arthritis & Rheumatism* 2006;54;38-46
8. Westhoff G et al. Rheumatoid arthritis patients who smoke have a higher need for DMARDs and feel worse, but they do not have more joint damage than non-smokers of the same serological group: *Rheumatology* 2008;47:849-854.

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

**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.**