

Treatment Information

Smoking and Ankylosing Spondylitis

Several recent studies have shown that smoking has an impact on Ankylosing Spondylitis (AS) in several ways.

The inflammatory nature of AS causes sufferers multiple problems. Research has shown that there is an increased risk of heart and circulatory problems due to the effects of inflammation. In addition the spinal pain and stiffness causes a smaller lung capacity and this gives an increased risk of chest infections.

Smoking is known to have a major impact on the heart, lungs and circulation, increasing the risk of problems such as heart attacks, strokes, and lung cancer. These shorten your life expectancy.

Recent studies have shown that people with AS who smoke have a faster progression of disability than those with AS who have given up or don't smoke.

Smoking is also associated with poor long-term outcome for people with AS.

Therefore, the rheumatology department actively encourages people with inflammatory arthritis to give up smoking.

The NHS can help in a number of ways.

- Contact your GP/Surgery/health Clinic
- For people with a Bournemouth GP contact:
Bournemouth Smokestop 436866
www.quit-it.info
- For people with a Poole GP contact:
Poole PCT Stop Smoking Service 745750
- For people with Christchurch/Purbeck or East Dorset GP contact: 850601
www.southandeastdorsetpct.nhs.uk

Help will be offered in a variety of ways – nicotine patches (these are not addictive), support groups and medication in the form of Zyban.

Rheumatology department Patient Information

Contact Details

If you have any further questions or need advice about your treatment phone the Rheumatology Advice line on

01202 442849.

www.poole.nhs.uk/our_services/rheumatology.asp

For further health-related information, please contact:

The Health Information & Resource Centre

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

BH15 2JB

Telephone: (01202) 448003

Rheumatology Practitioners

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Rheumatology Department, Poole Hospital NHS Trust

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We can supply this information in larger print, on audiotape, or have it translated for you. A member of staff will be happy to discuss this with you. Please call PALS on 01202 448499 or the Health Information Centre on 01202 448003 for further advice