

Information Sheet

Smoking and Inflammatory Arthritis

Several recent studies have shown that smoking has an impact on inflammatory arthritis in several ways.

The risk of developing Rheumatoid Arthritis is substantially higher in people who smoke, particularly in people whose families don't have a history of arthritis. Smoking whilst pregnant can influence whether the baby could develop inflammatory arthritis in later life.

People with inflammatory arthritis who smoke are more likely to develop nodules, lung involvement and inflammation of the blood vessels and a further study has shown that the disease outcome (damaged joints) is significantly worse in smokers than non-smokers.

There is a higher death rate from lung cancer in people with RA who smoke than the general population.

Therefore, the Rheumatology Unit 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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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