

# Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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## SMOKING

Many symptoms that cause patients to seek allergic evaluation are aggravated by smoking (active or passive). Smokers lose a basic body defense mechanism (ciliary action) to rid their passages of mucous, and symptoms can persist even with other therapy.

We work with all our patients to help you stop smoking. Self motivation is the most important factor in stopping, and you may be helped to be aware of other negatives incurred by smokers.

1. Smokers suffer from **memory problems**, decreased reasoning skills, and premature dementia.
2. **Diabetes** is 44% more common in smokers, and 12% of all diabetes is attributable to smoking.
3. Smoking predisposes to increased **risk of infection**, especially pneumonia. Second hand smoke increases infection susceptibility (and asthma) in children.
4. Male smokers suffer from erectile dysfunction and **decreased sexual drive**.
5. Smokers experience premature **skin wrinkles** – face, arms and buttocks.
6. Smoking speeds up menopause, and increases risk of **infertility**. This infertility can extend to daughters as well.
7. Smokers are susceptible to **decreased vision** and age related macular degeneration.
8. Smoking predisposes to **osteoporosis**, and smokers have a 20% increased incidence of hip fractures.
9. Smokers have increased incidence of **gastrointestinal disorders** – peptic ulcer, gall stones, and diarrheal disturbances.
10. Smokers have increased incidence of **sleep disturbances** (thought to be secondary to nicotine withdrawal.)
11. **Shortened life expectancy** – non smoking men live 10 years longer than smoking men.
12. Smoking causes lung **cancer** as well as stomach, pancreatic, kidney, cervical and urinary tract cancers.
13. Second hand smoke affects loved ones and causes them unnecessary harm, increased asthma and lung cancer.

Besides all of the health reasons cited above to stop smoking, smokers are increasingly restricted from social situations - bars, restaurants, concerts, sporting events, office buildings, and even homes.

Finally, besides the health costs, smoking are a very expensive habit. At \$7./pack, stopping smoking would save enough money to take the whole family to Disneyland!

Please do discuss with us ways that we can help you to stop.

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