

SMOKING AND CROHN'S DISEASE: THE FACTS

The biggest modifiable risk factor

Smoking increases your risk of developing Crohn's disease, and for those with Crohn's disease, smoking makes it worse:

- increases the severity
- increases the number of flares
- increases the need for steroids
- increases the number of surgeries
- increases the speed of relapse post-surgery
- increases the number of perforations, fistulas, and perianal disease
- increases the risk of Crohn's outside the gut (extra-intestinal manifestations)
- decreases the effectiveness of medications such as infliximab

Additionally, patients with longstanding, active IBD are at increased risk of cancer, and those who smoke are at even higher risk of developing cancer.

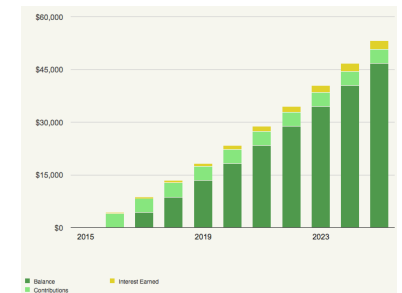


Bad for your budget

The cost of cigarettes in Canada is steadily increasing. As of 2015, smoking a pack per day will cost over \$5,000 per year! The direct cost of those cigarettes is \$45,000 over 10 years!

However, that money that was spent could have been put into savings. At just 5%, that money invested would grow to \$57,000 over 10 years. That's \$13,000 in interest alone.

So, the difference between cigarettes (-\$45,000 over 10 years), and saving (+\$57,000 over 10 years) is huge. That's a \$100,000 difference to your bottom line in just 10 years.



Other diseases

The list of diseases caused by smoking is enormous. Smoking increases risk of heart attacks, strokes, lung disease, cancers, and many other diseases.

What are you waiting for?

The combination of anti-smoking medications and counselling is a highly effective strategy. This increases the chances of quitting by 70-100%.

For more information on quitting, please see our [Smoking Cessation Action Plan](#).