

tobacco



- 1 Stopping smoking could have a **really big impact** on living well with psoriatic arthritis.
- 2 People with psoriatic arthritis who **don't smoke** report less **pain and fatigue and better functioning, quality of life and overall health** than those who smoke.
- 3 Unfortunately, having psoriatic arthritis is linked to an increased risk of conditions affecting the heart and blood vessels (cardiovascular disease). **Not smoking** halves your risk of having a **heart attack**. It can reduce your blood pressure and reduce your **heart rate**.
- 4 We know stopping smoking can be difficult. There is **support** available to help people **stop smoking**. You don't need to do it alone. Get in touch with your healthcare provider to **find out what is available in your local area**.



my tobacco use plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

"I knew that not smoking would be good for me and felt guilty about not quitting. It was a real struggle to stop with all the pain I suffer. I made a promise to myself to stop on a specific date, my daughter's birthday. It was tough, but with the support of my friends I have managed to quit and keep it up. Now I don't get out of breath when I climb the stairs!"

