



Lifespan

Delivering health with care.®

Lifespan Lyme Disease Center

SMOKING CESSATION

Smoking negatively impacts Lyme patients and causes deterioration of health and quality of life. Inflammatory conditions instigated by a previous Lyme infection can become worse. In fact, smoking is known as a cause of rheumatoid arthritis. Smoking also decreases immune function, which is concerning because our center emphasizes treatments that are meant to boost the immune system. Furthermore, tick-borne illnesses that manifest in the blood, such as Babesia, can hinder oxygen flow throughout the body and smoking only magnifies the body's difficulty in obtaining adequate oxygen levels. For comprehensive information about how smoking affects the body visit:

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/

The Lifespan Lyme Disease Center encourages its patients to stop smoking because of its overarching negative impact on health and quality of life. Smoking may hinder the patient's ability to follow other healthcare advice such as exercising for pain relief. There is also substantial evidence that smoking causes chronic respiratory illnesses and cancer, which may further complicate the wellbeing of a patient already living with chronic illness associated with a previous tick-borne infection.

Options to help you quit smoking:

- Quitting “cold turkey” is an option, but you should welcome additional support from friends and family. You don't have to do this alone!
- Involving family members and decreasing smoking gradually may be more successful. Family and friends can act as support and help you stay on track with your goals.
- Behavior therapy can help you control the urge to smoke. This would include working with a counselor to identify smoking triggers and finding alternative methods to cope with these triggers.
- Coping methods can include chewing gum, exercise (check out our yoga/exercise page!), meditation, and other forms of stress relief.

- Medications that may help include: Bupropion (Zyban) and Varenicline (Chantix).
 - You can opt to use nicotine patches as part of nicotine replacement therapy – these come in varying doses that your doctor can prescribe.
 - It is ok to try a combination of these techniques, although you may want to speak to your doctor about it first.
-

Work Cited

“Smoking & Tobacco Use.” *CDC.gov*. Centers for Disease Control, 17 Feb 2016. Web. 18 July 2016.
<https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/>
