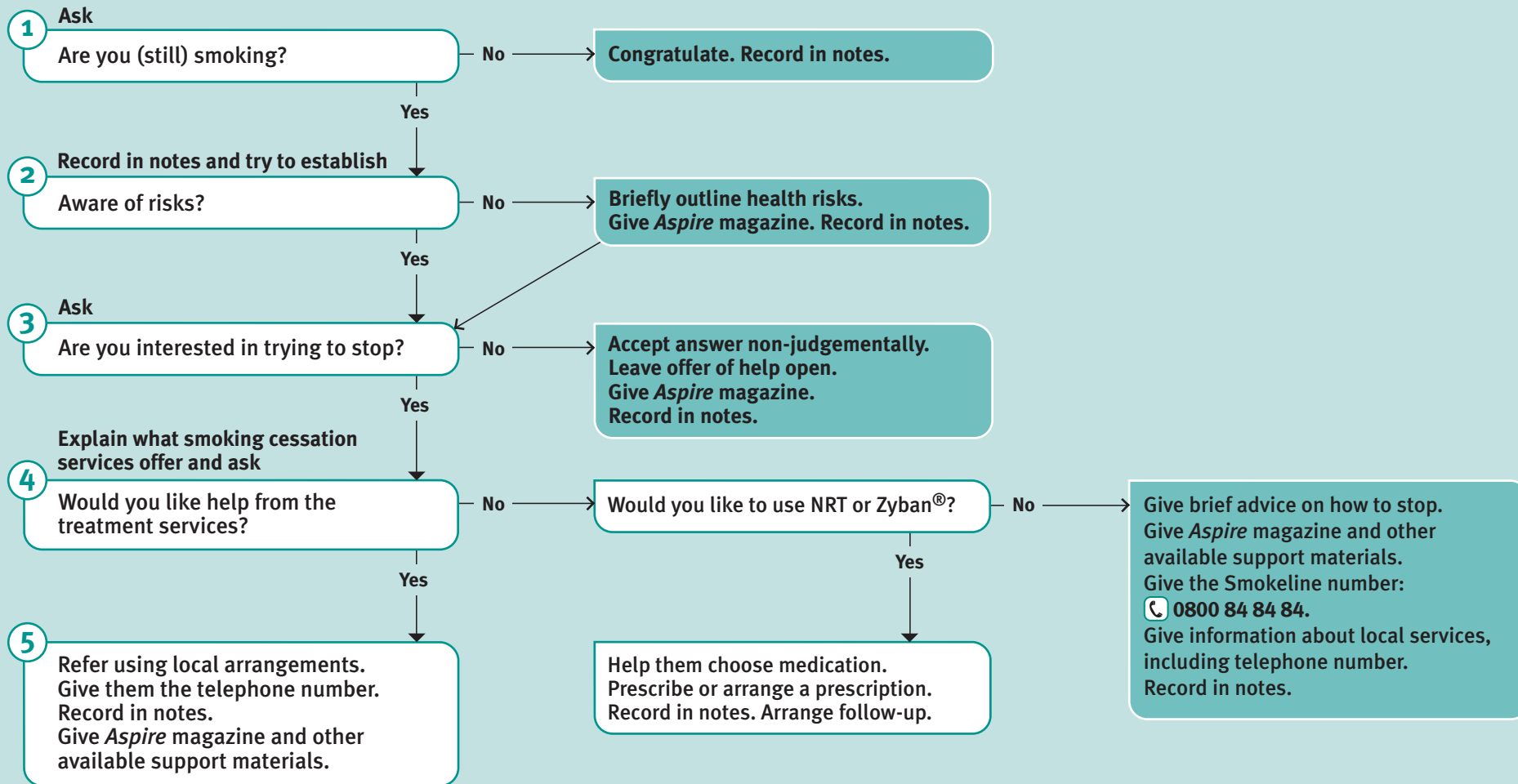
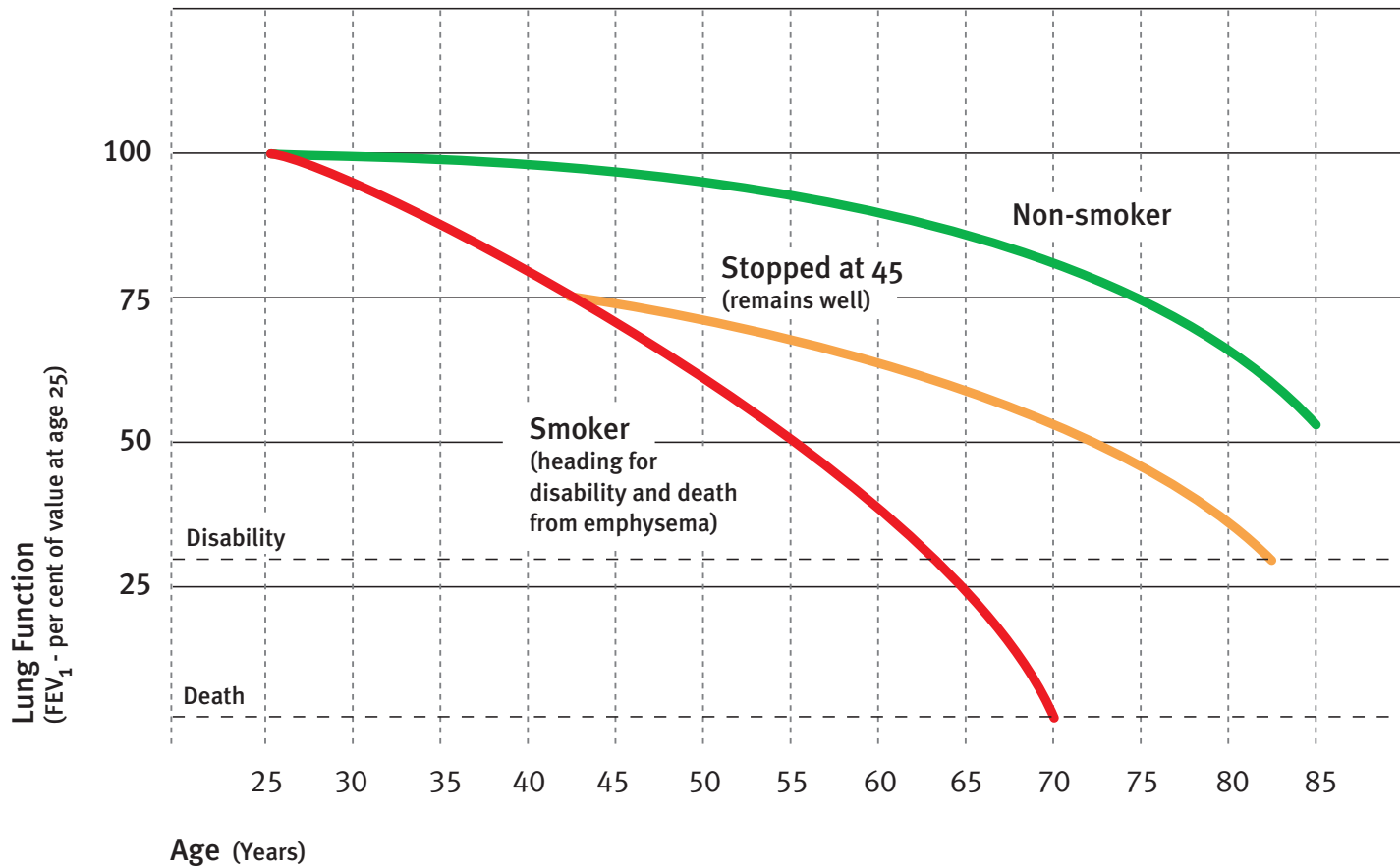


ENCOURAGING SMOKERS TO STOP: WHAT YOU CAN DO — FLOW CHART



This flow chart shows the pathway you can follow in raising the subject of smoking with your patients, establishing if they are interested in stopping and then pointing them to the most effective help available. On the other side is a chart showing FEV₁ decline in smokers and non-smokers. It can be used to show smokers graphically one effect of smoking and the benefit of stopping. It broadly reflects what happens to overall risk of smoking-related disease when smokers stop.

WHY IT IS WORTH STOPPING



- This diagram shows the benefit to your lungs if you stop smoking.
- Although the measure in the diagram is FEV₁, it's real value is to illustrate to the smoker **visually** the benefit of stopping.
- Lung function gets worse as you get older, but normally only very slowly and very slightly (**Non-smoker** line).
- In smokers lung function can get worse much more quickly. For example, the diagram shows a smoker who becomes disabled with emphysema at 56 (**Smoker** line).
- If you stop smoking you delay the damage to your health, and if you stop soon enough there will be no damage (**Stopped at 45** line).

These data are from: Fletcher D, Peto R (1977). The natural history of chronic airflow obstruction. *British Medical Journal* 1:1645-48. The text is approved by Professor Richard Peto.