

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.

For people with Crohn's, smoking increases the:

- severity
- number of flares
- need for steroids
- number of surgeries
- speed of relapse post-surgery
- number of perforations, fistulas, and perianal disease
- risk of symptoms outside the gut (extra-intestinal manifestations) and decreases the effectiveness of some medications.



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 Alberta is steadily increasing. In 2024, smoking a pack per day will cost over \$7,000 per year! The direct cost of those cigarettes is \$70,000 over 10 years! However, that money that was spent could have been put into savings. At just 5%, that money invested would grow to \$90,000 over 10 years. That's \$20,000 in interest alone.



So, the difference between cigarettes (-\$70,000 over 10 years), and saving (+90,000 over 10 years) is huge. That's a \$160,000 difference to your bottom line in just 10 years.

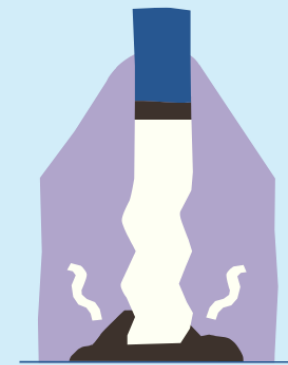
OTHER DISEASES

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

WHAT ARE YOU WAITING FOR?

RESOURCES TO HELP YOU QUIT

[QuitCore Support Groups](#)
[AlbertaQuits](#)



 **IBD CLINIC**