

# The Swedish smoke-free operation-campaign



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# Tobacco Cessation Improves Surgical Outcomes

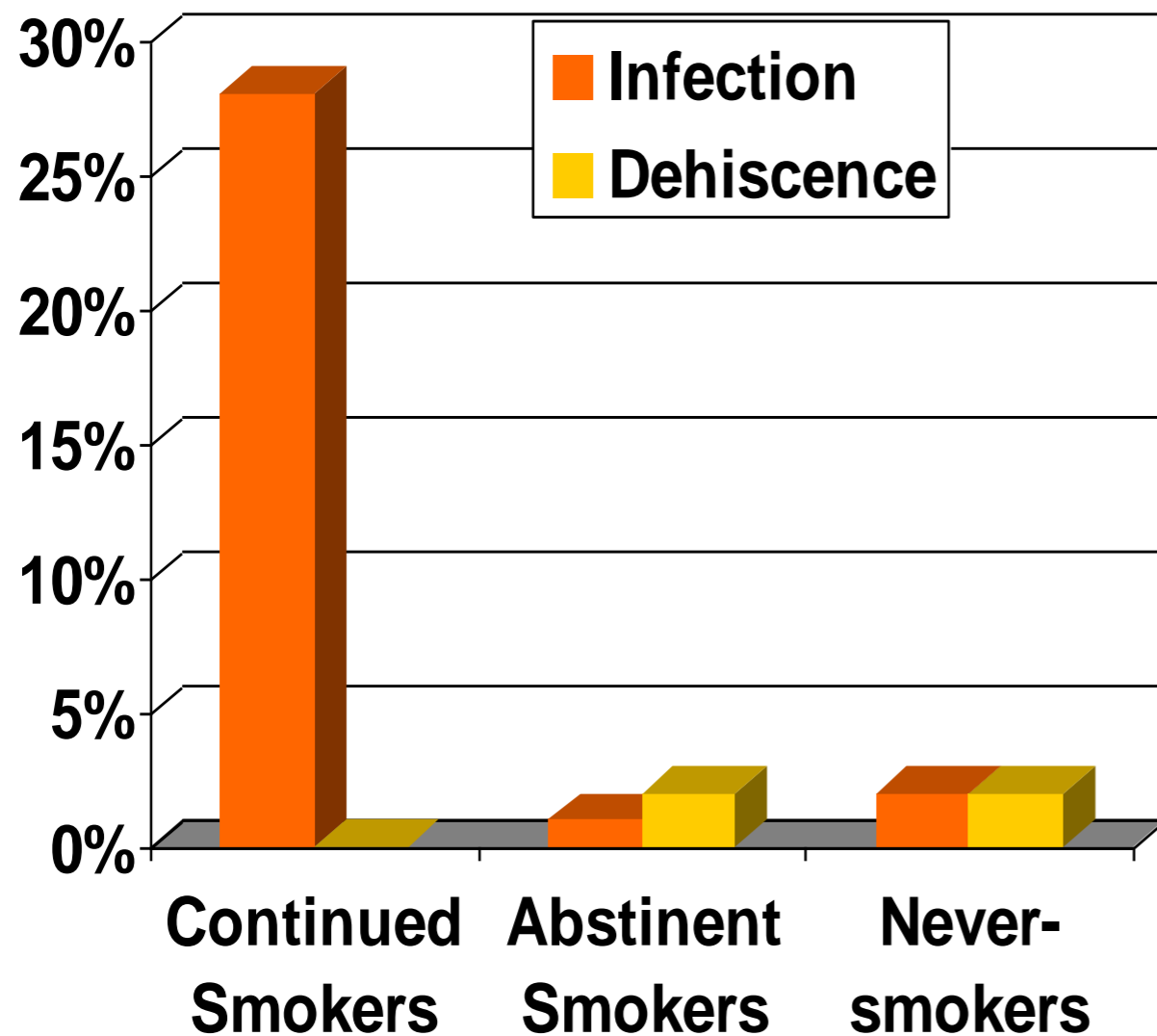
Cardiovascular Complications

Respiratory Complications

Wound-related Complications



# Smoking Cessation Reduces Wound Infections



- 48 smokers, 30 never-smokers
- Standardized wounds
- Smokers randomized to continued smoking or abstinence

*Sorensen et al, Ann Surg 238:1, 2003*

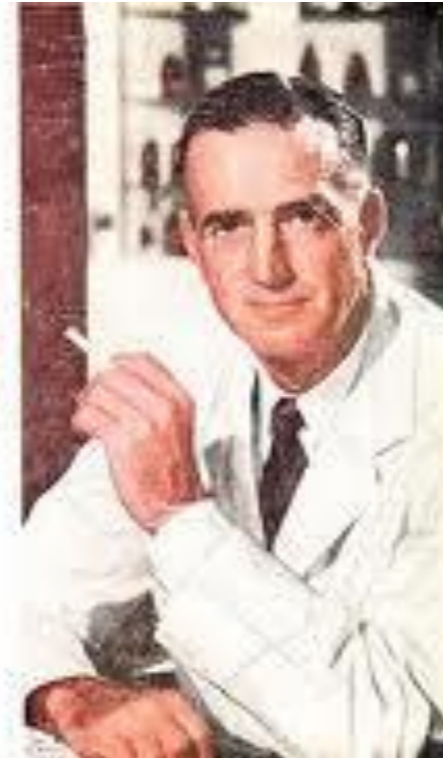
# The Impact of the Doctor

**"Give your throat a vacation...  
Smoke a  
FRESH  
cigarette"**



**CAMELS** Cigarettes

According to repeated nationwide surveys,  
**More Doctors  
Smoke CAMELS  
than any other  
cigarette!**



**"I'm going to grow  
a hundred  
years old!"**



According to a recent *Nationwide survey*,  
**More Doctors smoke Camels  
than any other cigarette!**

**CAMELS** Cigarettes



According to a recent *Nationwide survey*,  
**MORE DOCTORS SMOKE CAMELS  
THAN ANY OTHER CIGARETTE**

**CAMELS** Cigarettes

**113,071 DOCTORS FROM COAST TO COAST WERE ASKED:**



According to this recent *Nationwide survey*,  
**MORE DOCTORS SMOKE CAMELS  
THAN ANY OTHER CIGARETTE!**

**CAMELS** Cigarettes

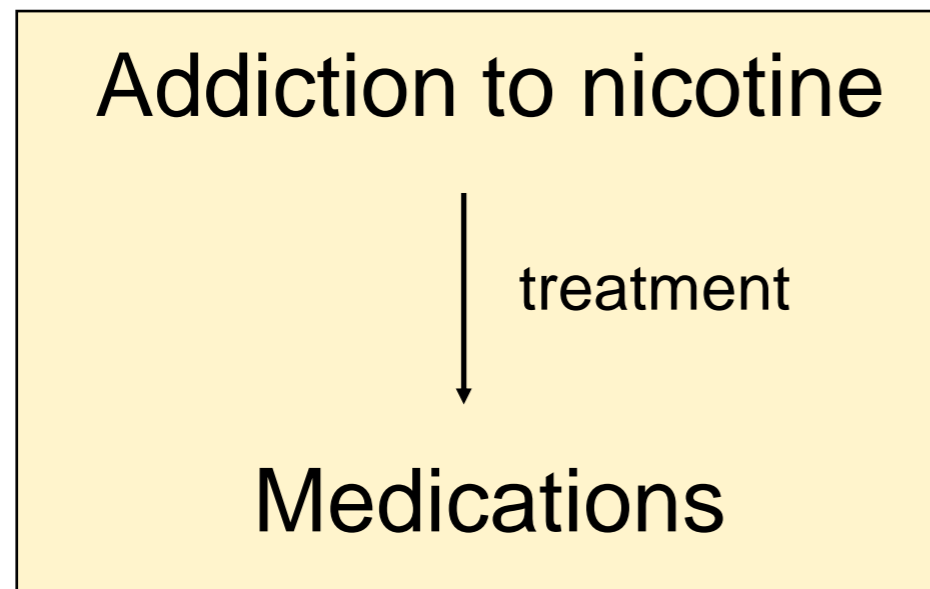
**MORE DOCTORS  
SMOKE CAMELS  
than any other cigarette**



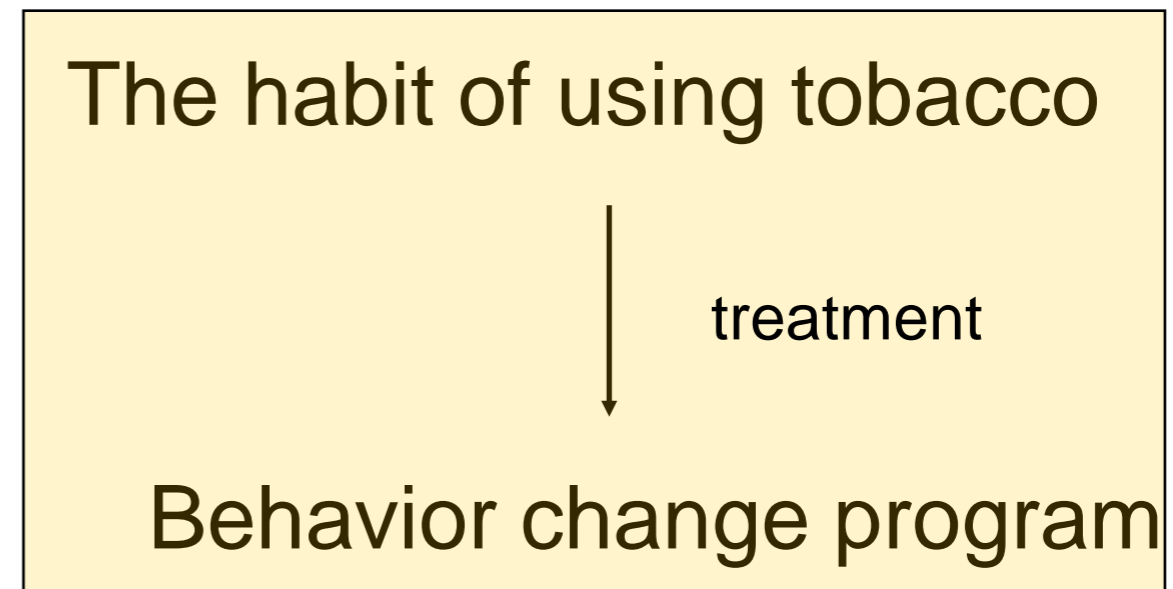
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# Treating Tobacco Dependence

## Psychological

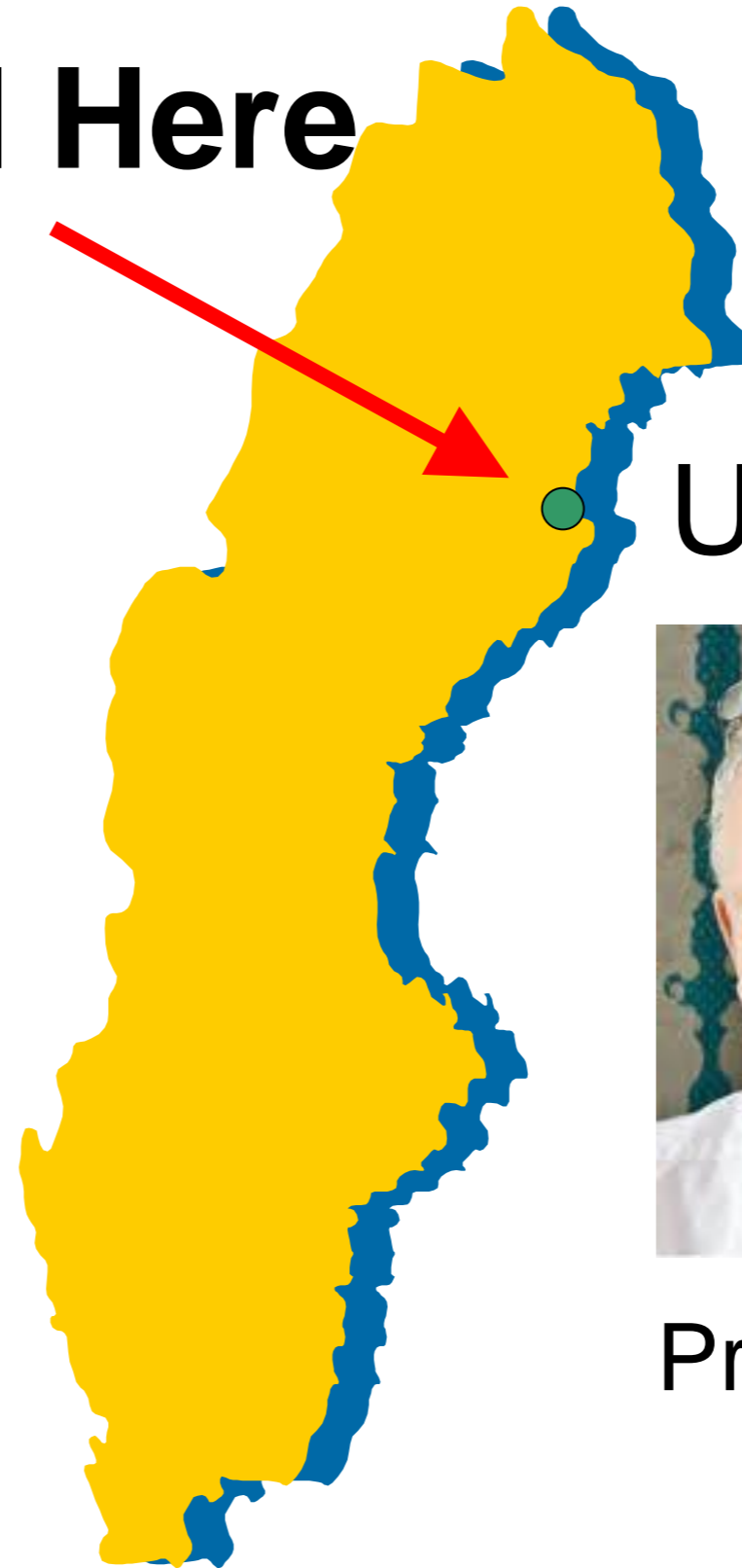


## Behavioral



Treatment should address both aspects of dependence

# It All Started Here



Umeå



Prof. Olle Svensson





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# Reduce the Risks Before Take off



# Reduce the Risks Before Surgery



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# To Make Sure Prior to Surgery:



No ongoing infection



B-glucose under control



Blood pressure under control



No smoking < 1 month



# Myth

- “The patients are not motivated for smoking cessation.”

# Knowledge

80% wants support from the hospital to change lifestyle prior to surgery

*Boel T et al. Ugeskr Laeger 2004*

## Myth

- “We invade privacy when recommending smoking cessation before surgery !”

## Knowledge

All patients wanted to be offered the possibility to change smoking habits prior to surgery

*Møller, Villebro Ugeskr Laeger 2004*

# Myth

- “It is not possible to focus on two major things at the same time, such as the upcoming surgery and change of smoking habits !”

# Knowledge

The patients focused on;

The possibility for reduced complication rate

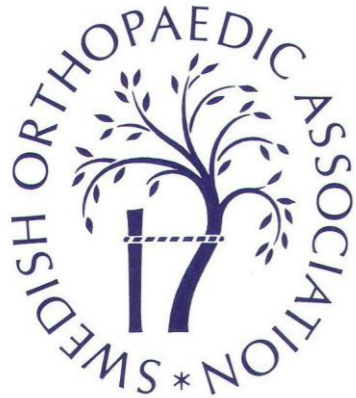
The probability for increased quality of life after surgery induced an increased motivation for changing lifestyle

Hospital support to smoking cessation

*Møller, Villebro Ugeskr Laeger 2004*

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# Sponsors of the Campaign



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