

# Smoking, Vaping & CF

Smoking is one of the leading causes of preventable death and disease worldwide. Smoking greatly increases the risk of suffering from potentially deadly conditions, including a range of cancers, cardiovascular disease and respiratory illness. The incidence of vaping has increased rapidly in recent years, which is also contributing to a range of health problems.

## Smoking

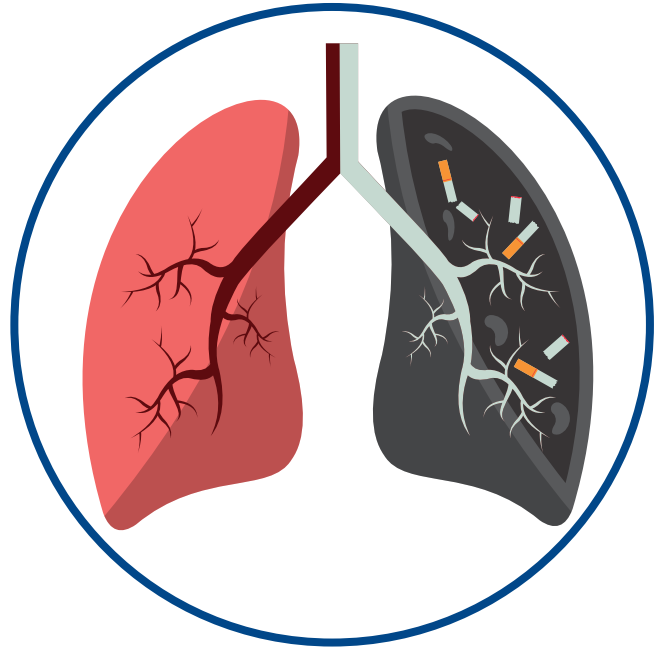
Smoking can have a drastic effect on the lung health of people with CF. Smoking is shown to make chronic lung conditions more severe and increase the risk of respiratory infections. Recent research has found that tobacco exposure drastically impacts the effectiveness of CFTR modulators. Smoking may also disqualify patients for lung transplant.

## Second hand smoking

SHS, also known as passive smoking, is known to have harmful effects on the health of those who do not smoke. SHS includes:

- Exhaled smoke: smoke breathed out by a smoker.
- Side stream smoke: smoke that drifts from the end of a burning cigarette, cigar or pipe.

Anybody who is regularly exposed to SHS is at risk for developing the same types of illnesses as those who smoke. People with CF have an even greater risk of complications from SHS exposure as the toxic gases and irritants in SHS can aggravate CF symptoms. Children most commonly encounter SHS when their parents, family and family friends' smoke.



## Third hand smoking

This refers to the residual contamination from tobacco smoke that lingers in rooms, long after smoking stops, and remains on our clothes after we leave a smoky place. Third hand smoking poses significant health risks.

Children of smokers are especially at risk of third-hand smoke exposure and contamination because tobacco residue is noticeably present in dust throughout places where smoking has occurred. The home, hair, clothes, and cars of smokers can have significant levels of third-hand smoke contamination.

## Vaping

The use of vapes, or e-cigarettes, has increased rapidly in recent years, particularly among young people.

Vapes contain large amounts of nicotine and chemicals which contain flavours and preservatives, making them highly addictive. While research into vaping and CF is limited, it is known to cause airway inflammation and may lead to lung damage, as well as a range of other health risks. People with CF should avoid any activity that may cause harm to the lungs.

## Some things you can do

- If you smoke, seek help immediately to quit.
- Insist on keeping your own home and car completely smoke-free.
- If you have friends or family members who smoke, ask them not to smoke around you or your child with CF.
- Explain the extent of the problems that SHS and THS can cause and ask your friends and family for their cooperation.
- If your family and friends are sceptical or don't understand, enlist the help of your CF care team and share resources that highlight the dangers of SHS/THS.

If you have a child or family member with CF, it is particularly important that you seek help to quit. Young people and adults with CF need to understand the implications smoking will have on their health.

## Useful resources

- [Smoking, vaping & tobacco](#) (Dept. Health)
- [Vaping](#) (CF UK Trust)
- [Make Smoking History](#)