

Fundación **MAPFRE**

I haven't stopped coughing for a week! Smoking: disease, addiction and road safety

Pablo is 45 and has been smoking around 20 cigarettes a day for 25 years. He is also an occasional drinker when he's out at the weekend with friends. He came to the surgery in relation to a cough he'd had for a week, which was getting worse. **He also had a feeling of tightness in the chest which made it difficult for him to maintain a conversation** while walking without stopping to cough and catch his breath.

Pablo is Class I obese with **high blood pressure and a family history of cancer**. His father died three years ago from lung cancer.

In view of the symptoms, he can be considered as a smoker with undiagnosed COPD. Consequently, treatment entails both a psychological approach, referring him to an expert if he wants to quit smoking, and medication, for which there are three options: NTR (nicotine replacement therapy) with patches, gum, sprays and tablets, Bupropion or Varenicline.

SMOKING: DISEASE

6 Advice Road Safety Advice



Smoking in the car?

It's not against the law but it is inadvisable.



Smoking while driving

Smoking is a distraction and hence increases the possibility of having an accident.



Interference with vision

The smoke itself can irritate the eyes and hence impair your vision.



Smoking is a distraction

Searching for the pack, opening it, getting out a cigarette, turning on the car lighter and lighting the cigarette. All of this means you are steering the car with just one hand.



As doctors, we need to raise smokers' awareness

Of the negative impact of smoking on health and warn them about the risks of smoking while driving.



Risk of fire

Throwing the cigarette butt out of the window or accidentally dropping it can start a fire.