

Studies show Smoking Harms Women More than Men

By Wiley-Blackwell

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Smoking is a more harmful behavior for women compared to men, especially in regards to the risk of developing COPD.

Melbourne, Australia – Smoking is a more harmful behavior for women compared to men. This is especially so in regards to the risk of developing chronic obstructive pulmonary disease (COPD): an umbrella term of a range of lung disorders, some of which are irreversible.

A study in *Respirology* published by Wiley-Blackwell surveyed almost 30,000 respondents to examine the association between COPB and the number of cigarettes smoked.

Results from the published study show a direct correlation between the amount of cigarettes smoked and the risk of developing COPB. The study also revealed that women smokers run a significantly higher risk of developing COPD, as compared to their male counterparts who smoked the same amount.

Dr. Fei Xu, lead author of the paper “Better Understanding the Influence of Cigarette Smoking and Indoor Air Pollution on Chronic Pulmonary Disease: A Case-Control Study in Mainland China” says, “It is not only the behavior of smoking but also the number of cigarettes smoked that can significantly increase the risk of developing COPD – particularly if you are a woman.”

COPD is most often associated with tobacco smoking and is one of the most common global public health problems. It is the fourth leading cause of death worldwide and currently the second most common cause of death in mainland China where the study was held.

Dr Xu adds. “This research facilitates policy-makers in formulating policies combat smoking in the general population – hence reducing the burden of COPD on the public health system. The findings also serve as a warning for smokers, especially women, to give up smoking.”

This paper is published in the November 2007 issue of *Respirology*. Media wishing to receive a PDF or schedule media interviews with the authors should contact Alina Boey, PR & Communications Manager Asia at alina.boey@asia.blackwellpublishing.com or phone 613-83591046.

About *Respirology*

Respirology is a journal of international standing, publishing peer-reviewed articles of scientific excellence in clinical and experimental respiratory biology and disease and its related fields of research including thoracic surgery, internal medicine, immunology, intensive and critical care, epidemiology, cell and molecular biology, pathology, pharmacology and physiology.

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