

Tobacco and Ulcers

Ulcers are painful open sores in the lining of the stomach or small intestine. They can cause serious problems such as bleeding inside the digestive system. Causative factors include the presence of the bacterium *Helicobacter pylori* (*H. pylori*) and tobacco use.¹ About 10% of all people will have an ulcer at some time in their lives.²

Tobacco Use

- About one-fifth of all ulcers are due to smoking.³
- Interferes with the mechanisms that usually protect the lining of the stomach and intestine.²
- Increases the production of a substance called pepsin that makes ulcers worse.²
- Allows the contents of the small intestine to move back into the stomach, where they can irritate the stomach lining.²

Smokers vs. Nonsmokers

- People who smoke are more likely to develop an ulcer.²
- Ulcers in smokers are less likely to heal, as medication may not work as well as it should.²
- Smoking increases the chance that an ulcer will come back after it has been treated.²
- The 1989 Surgeon General's Report stated that ulcers are more likely to cause death in smokers than in nonsmokers.⁴

Helping Tobacco Users Quit

Free, statewide services to help tobacco users quit include:

Utah Tobacco Quit Line

The Utah Tobacco Quit Line is a free, telephone-based service designed to help people quit tobacco. Be connected with a specially trained coach who will help you develop a personalized quit plan, and guide you through the quitting process. Call:

English: 1.800.QUIT.NOW (1.800.784.8669)

Spanish: 1.877.629.1585

TTY Hearing, Speech Impaired: 1.888.229.2182

For more information about the Utah Tobacco Quit Line, visit

www.tobaccofreeutah.org/quitline.htm

Utah QuitNet

Utah QuitNet is a free, internet-based service designed to help individual tobacco users through the quitting process. As a member you'll have access to the world's largest online community of smokers and ex-smokers helping each other to quit and stay quit. For more information visit www.utahquitnet.com.

For More Information:



Utah Tobacco Prevention and Control Program

1-877-220-3466

www.tobaccofreeutah.org

¹ Wikipedia. "Peptic Ulcer." 2007. 28 August 2007. <http://en.wikipedia.org/wiki/Peptic_ulcer>

² The Scoop On Smoking. "Ulcer." The American Council on Science and Health. 28 August 2007. <<http://www.thescooponsmoking.org/xhtml/effects/ulcer.php#top>>

³ Anda RF, Williamson DF, Escobedo LG, Remington PL. Smoking and the risk of peptic ulcer disease among women in the United States. *Archives on Internal Medicine* 1990;150:1437-1441.

⁴ U.S. Department of Health and Human Services. *Reducing the Health Consequences of Smoking: 25 Years of Progress. A Report of the Surgeon General*. DHHS Publication No. (CDC) 89-8411, pp 98, 1989. 28 August 2007. <http://profiles.nlm.nih.gov/NN/B/B/X/S/_/nnbbxs.pdf>