

---

Seniors face increased risks associated with smoking which include hip fractures, cataracts, and COPD. It's never too late to quit smoking. The health benefits of cessation start within minutes of the last cigarette.

- Smoking reduces bone density among menopausal women and increases the risk of hip fracture both men and women..
  - In United States, there are 850,000 cases of fracture each year, 300,000 are coming from hip fractures among those over age 65. There's a 12% to 20% chance a person may die from hip fractures than those who don't have and \$7 billion to 10 billion are spent for hip fracture each year in United States.
  - The most common type of cataract in United States is nuclear and it is related to smoking. Cataracts are the leading cause of blindness worldwide and a leading cause of visual loss in the United States. Smokers have two to three times the risk of developing cataracts as nonsmokers.
  - The top 10 most common chronic health condition is Chronic obstructive pulmonary disease (COPD). It limits the daily activities for those who have it. Men are more likely to have COPD than women over age 65, (16.7% among men and 12.6% among women).

### Questions: (Express your Ideas)

**1. How does smoking kill you?**

**2. What are the three major health conditions that are caused by smoking among seniors? Explain each disease.**

**3. What advices can you give to a person who wants to quit smoking?**

**4. What nursing care can you render for a patient who is diagnosed with COPD?**

**5. What do you mean by “second-hand smoking”?**

**6. In your opinion, Why people smoke despite the bad effects of it?**