Arthritis Sufferers Should Quit Smoking to Live Longer

Melissa Scott  March 23, 2017

Glucosamine supplements are a popular remedy not just among individuals with arthritis but also athletes.

(Newswire.net -- March 23, 2017) Orlando, FL --Smoking is one of the oldest and widely practiced unhealthy habits that an increasing number of individuals still engage in nowadays. While everyone is generally discouraged to smoke, it is a must for individuals who suffer from certain medical conditions.

Arthritis sufferers should quit smoking to live longer. Arthritis is a condition that causes pain and immobility. There are many sufferers who live a reduced quality of life due to the condition. It is imperative for individuals with arthritis to practice a healthy diet and lifestyle.

According to the University of Manchester-led research, there is a new evidence to suggest that smoking is linked with early deaths in individuals with arthritis. It was also found that arthritis sufferers who dramatically stop smoking, reduce their risk of earlier death.

The study was published in the journal called Arthritis Care and Research. There have been many evidences demonstrating the link between increased risk of early death in the general population, and smoking.

The researchers from the NIHR Manchester Musculoskeletal Biomedical research Unit were focused on determining the relationship between quitting tobacco use and subsequent mortality in individuals with rheumatoid arthritis.

It has been previously revealed that smoking plays a role in rheumatoid arthritis development. Thus, the prevalence of smoking is believed to be higher in arthritis sufferers than in the general population.

Individuals with rheumatoid arthritis are at an increased risk of mortality due to the development of other medical conditions. Some of these health problems are cancer, cardiovascular disease, respiratory ailments, and severe infection.

Rebecca Joseph, Research Assistant at the Centre for Musculoskeletal Research at The University of Manchester, spearheaded a research. The research team analysed the anonymised patient information from an electronic UK-based GP database. This included the information on hospital admissions as well as death certificates.

It was found that the risk of death was nearly twice higher in individuals who smoked than in those who did not. It was also revealed that former smokers and non-smokers had the same risk of death rate.

Healthcare professionals have long been warning the public about the fatal consequences of smoking. Individuals who suffer from arthritis should do the measures necessary to quit smoking and improve their health.

Following a healthy diet and lifestyle is one of the important steps to take. Sufferers may also take into account the use of natural remedies such as glucosamine.

Glucosamine supplements are a popular remedy not just among individuals with arthritis but also athletes (https://www.amazon.com/Glucosamine-Sulfate-Supplement-2000mg-serving/dp/B0126ZF0B0/).

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.
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