

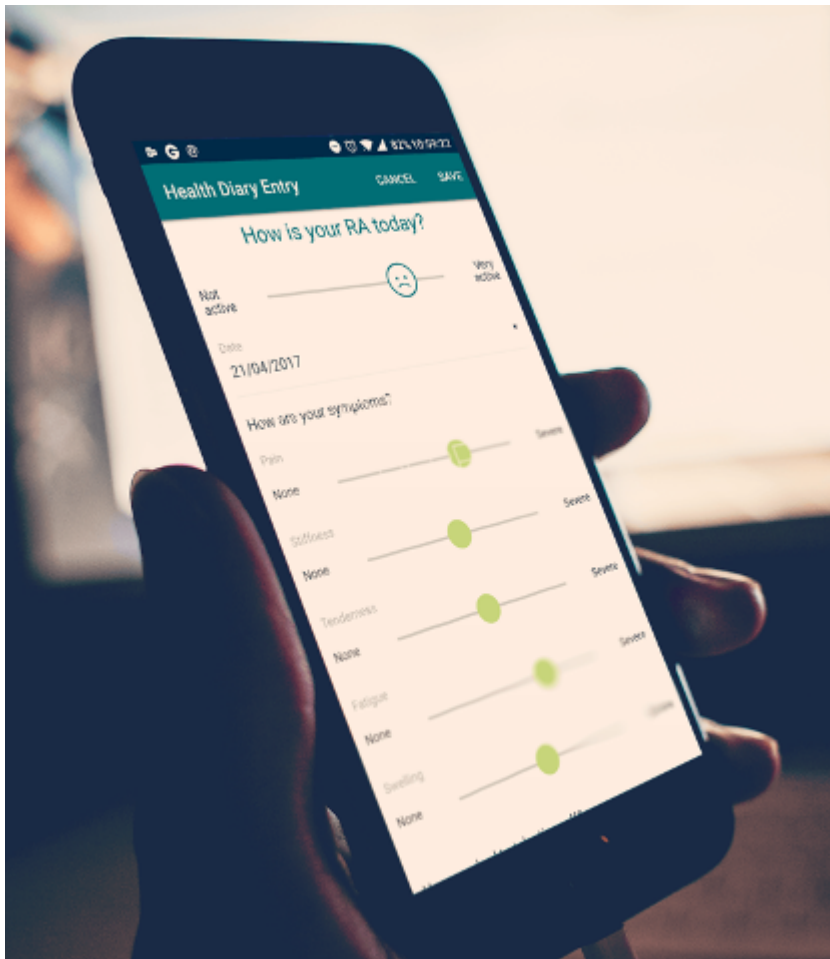
Resource

## Study shows smoking and being overweight affect RA

A study in Canada has shown that being a current smoker or being overweight or obese negatively affects RA symptoms over time.

[Print](#)

2017



A recent study in Canada has shown that being a current smoker or being overweight or obese

negatively affects RA symptoms over time. The study used the 'disease activity score' (DAS) as a means of measuring the severity of disease activity in over 1,000 patients over a 3-year period.

The study found that the average rate of improvement in patients' disease activity was greater in males versus females, healthy weight versus overweight and non-smokers versus current smokers. Interestingly, people who had smoked previously but were no longer smokers also benefited from a greater improvement in disease activity over time, demonstrating the importance of trying to quit smoking for people with a diagnosis of RA. This large-scale study adds to the large body of evidence for the importance of making lifestyle changes, particularly with regards to weight and smoking for people with RA.

This article was downloaded from [www.nras.org.uk](http://www.nras.org.uk). National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).