The Health Board recognise that losing weight and quitting smoking are difficult things to do and your clinician will offer you referral to appropriate services to support you.

For more information visit:

http://www.cardiffandvaleuhb.wales.nhs.uk/cmats-patient-information

http://www.cardiffandvaleuhb.wales.nhs.uk/optimisingoutcomes

http://www.cardiffandvaleuhb.wales.nhs.uk/smoking-and-surgery

'Stop before you op' animation http://bit.ly/2sF1Zxz

MSK PATIENT RISK COMMUNICATION SMOKING AND OBESITY

Patient Information Sheet



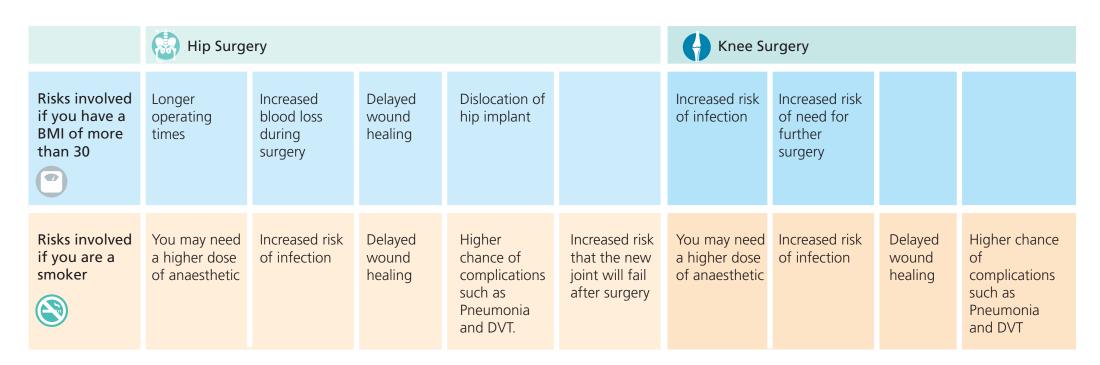








The table below illustrates some of the risks associated with hip and knee surgery when a person is obese (BMI of over 30) or is a smoker.





People who have a BMI of over 40 will be expected to engage with a weight management programme with the aim of reducing your BMI to under 40 before elective major joint surgery will be conducted.



People who smoke will be expected to engage with Stop Smoking services before elective major joint surgery will be conducted.





