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Hello,

You told us that you take birth control pills and smoke regularly.

In France, more than 20% of women combine taking the pill and smoking.

However, the harmful effects of the combination pill and tobacco are scientifically proven and act :

- On hormones, by causing more bleeding and cervical cancer (depending on the number of cigarettes per day)
- By promoting and multiplying cardiovascular risks, leading to additional risks of phlebitis, stroke and infarction in significant proportions (depending on the number of cigarettes per day).

Physical activity can reduce but not eliminate risks. Without wanting to interfere with your private life, we advise you to consult your doctor to re-evaluate your type of contraception and specially to consider quitting smoking. Indeed, the risks mentioned above are proportional to the length of time you have been smoking.

While waiting to carry out this consultation, you can start a programme of physical activity of the endurance type at an intensity adapted to your possibilities. For more information, you can consult the IRBMS website.

I remain at your disposal to help you in your approach, which is not meant to worry you but to allow you, if necessary, to receive the appropriate medical advice in connection with an adapted and safe practice of physical activity.