

START'R



DOCTOR PATRICK BACQUAERT

Chief Physician of the Research Institute for Wellness,
Medicine and Health Sport (IRBMS)
Medical advisor for Start'R program

WWW.IRBMS.COM

Hello,

You told us you were smoking. You should know that tobacco, along with a sedentary lifestyle, is a major risk factor for chronic non-communicable cardio-respiratory diseases and certain cancers.

It can be estimated that more than 60,000 smokers die each year because of smoking and that 3,000,000 no-smokers also suffer the consequences.

The best advice one can give is to try to quit smoking. To make a check-up and start the process of quitting smoking, you can go to the specialist website www.tabac-info-service.fr or talk to your doctor.

Physical activity is an excellent way to help you during your smoking cessation cure.

You can start an endurance (aerobic) physical activity program by following the basic rules of precautions which can be consulted on the IRBMS website.

I remain at your disposal to help you in your approach, which is not made to worry you but to allow you, if necessary, to receive an adapted medical help in connection with a practice of adapted physical activity.



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INSTITUT DE RECHERCHE DU BIEN-ÊTRE
DE LA MÉDECINE ET DU SPORT SANTÉ