

Smokers Spend More of Their Lives Combating Disabilities

Some people would think that because nonsmokers live longer they would spend more of their lives disabled. On the contrary, a July 2000 study in the *Journal of Epidemiology and Community Health* showed that smokers spend more of their lives combating disabilities. On average, smokers have difficulty performing daily activities, such as walking, dressing and bathing, for an additional two years longer than nonsmokers.