

TAKE NOTE: "It's a Grand Night for Singing"—from Rodgers and Hammerstein's *State Fair*—would be a good theme song for Dr. Da-Shih Hu. The DMS psychiatrist appears regularly in local musical productions and this summer performed in *State Fair*.



RISK CHART FOR WOMEN

Find the line closest to your age and smoking status[†]. The numbers tell you how many of 1,000 women will die in the next 10 years from....

Age	Smoking	Vascular Disease		Cancer					Infection			Lung Disease	Accidents	All Causes Combined*
		Heart Disease	Stroke	Lung Cancer	Breast Cancer	Colon Cancer	Ovarian Cancer	Cervical Cancer	Pneumonia	Flu	AIDS	COPD		
35	Never smoker	1			1						1		2	14
	Smoker	1	1	1	1						1		2	14
40	Never smoker	1			2	1	Fewer than 1 death			1		2	19	
	Smoker	4	2	4	2					1	1	2	27	
45	Never smoker	2	1	1	3	1	1				1		2	25
	Smoker	9	3	7	3	1	1		1		1	2	2	45
50	Never smoker	4	1	1	4	1	1						2	37
	Smoker	13	5	14	4	1	1		1			4	2	69
55	Never smoker	8	2	2	6	2	2	1	1			1	2	55
	Smoker	20	6	26	5	2	2	1	1			9	2	110
60	Never smoker	14	4	3	7	3	3	1	1			2	2	84
	Smoker	31	8	41	6	3	3	1	2			18	2	167
65	Never smoker	25	7	5	8	5	4	1	2			3	3	131
	Smoker	45	15	55	7	5	3	1	4			31	3	241
70	Never smoker	46	14	7	9	7	4	1	4			5	4	207
	Smoker	66	25	61	8	6	4	1	7			44	4	335
75	Never smoker	86	30	7	10	10	5	1	8			6	7	335
	Smoker	99	34	58	10	9	4		14			61	7	463

[†] A never smoker has smoked less than 100 cigarettes in her life and a current smoker has smoked at least 100 cigarettes or more in her life and smokes (any amount) now.
* The numbers in each row do not add up the chance of dying from everything combined, because there are many other causes of death besides the ones listed here.

Charts developed at DMS offer a clear comparison of risks

What's the biggest killer of men and women under age 40 who have never smoked? Not heart disease, not cancer, but accidents—unintentional injuries. That may come as a surprise, say three Dartmouth physician-researchers, because health risks are rarely put in context.

Risks: "Useful messages about health risks should address two questions," the team wrote recently in the *Journal of the National Cancer Institute*: "How big is my risk and how does this risk compare with other risks?"

Using national data, Drs. Steven Woloshin, Lisa Schwartz, and H. Gilbert Welch created charts that attempt to answer those questions for the most common causes of death, plus a few of the most-talked-about causes. They wanted to help people "make sense of the health threats they face."

Mortality: The charts also "provide a compelling demonstration of the harms of cigarette smoking," Woloshin and his colleagues wrote. "The effect of smoking on mortality risk is like adding 5 to 10 years of age," they pointed out.

The *New York Times* was impressed by the charts, noting that they "provide a broader perspective than most of the risk calculators available on the internet." Both physicians and patients may find them a handy tool to assess individual risk.

RISK CHART FOR MEN

Find the line closest to your age and smoking status[†]. The numbers tell you how many of 1,000 men will die in the next 10 years from....

Age	Smoking	Vascular Disease		Cancer			Infection			Lung Disease	Accidents	All Causes Combined*	
		Heart Disease	Stroke	Lung	Colon	Prostate	Pneumonia	Flu	AIDS	COPD			
35	Never smoker	1	1	Fewer than 1 death						2		5	15
	Smoker	7	1	1						2		5	42
40	Never smoker	3	1	1	1					2		6	24
	Smoker	14	2	4	1					2	1	6	62
45	Never smoker	6	1	1	1					2		6	35
	Smoker	21	3	8	1				1	2		6	91
50	Never smoker	11	1	1	2	1	1			1		5	49
	Smoker	29	5	18	2	1	1		1	3		5	128
55	Never smoker	19	3	1	3	2	1			1	1	5	74
	Smoker	41	7	34	3	1	2		1	7		4	178
60	Never smoker	32	5	2	5	3	2			1	1	5	115
	Smoker	56	11	59	5	3	3		1	16		4	256
65	Never smoker	52	9	4	8	6	3				3	6	176
	Smoker	74	16	89	7	6	5			26		5	365
70	Never smoker	87	18	6	10	12	6				5	7	291
	Smoker	100	26	113	9	10	9			45		6	511
75	Never smoker	137	32	8	13	19	12				6	11	449
	Smoker	140	39	109	11	15	16			60		9	667

[†] A never smoker has smoked less than 100 cigarettes in his life and a current smoker has smoked at least 100 cigarettes or more in his life and smokes (any amount) now.
* The numbers in each row do not add up the chance of dying from everything combined, because there are many other causes of death besides the ones listed here.

More information about these risk charts, as well as charts for former smokers, is at <http://www.vaoutcomes.org/riskcharts.php>.

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