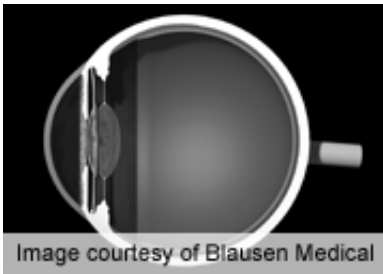


# Smoking cessation reduces risk of cataract extraction

January 7 2014

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(HealthDay)—Smoking cessation correlates with a reduction in the risk of cataract extraction, although the risk persists for more than 20 years, according to a study published online Jan. 2 in *JAMA Ophthalmology*.

Birgitta Ejdermik Lindblad, M.D., Ph.D., from Örebro University Hospital in Sweden, and colleagues examined the correlation between [smoking cessation](#) and the risk of cataract extraction using data from 44,371 men, aged 45 to 79 years, participating in the Cohort of Swedish Men.

The researchers identified 5,713 incident cases of age-related cataract extraction during 12 years of follow-up. The risk of cataract extraction was increased with smoking intensity and cumulative dose of smoking (P for trend

"These findings emphasize the importance of early smoking cessation and preferably the avoidance of smoking," the authors conclude.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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