

# Chronic skin disorder risk reduces over smoke-free years

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The University of Cincinnati's Robert Van Haren was featured in a MedCentral article discussing recent research that found smoking cessation significantly reduced the risk of developing hidradenitis suppurativa, a non-contagious chronic inflammatory skin disorder characterized by painful nodules, abscesses and scarring.

"This study demonstrates another important health benefit of smoking cessation," Van Haren, MD, associate professor in UC's College of Medicine and a UC Health physician, and Ella Kuhr, a physician assistant in the College of Medicine, said. "Smoking cessation improves [cardiovascular health](#) and reduces the risk of cancer, and this study shows that quitting smoking can help improve skin conditions like hidradenitis suppurativa."

Van Haren and Kuhr said [cigarette smoke](#) contains many harmful chemicals that can trigger our bodies to produce inflammatory signals, which in some cases can lead to hidradenitis suppurativa.

"It is important for doctors to take the time to talk to their patients about the benefits of smoking cessation and support them in quitting smoking," they continued. "Smoking cessation is challenging but there are strategies to help patients quit smoking such as medications and nicotine replacement such as patches and gum. There are also specialists that are certified in [smoking cessation](#) and resources such as your state tobacco quitline (1-800-QUIT-NOW) for free coaching and support."

The work is [published](#) in the journal *JAMA Dermatology*.

**More information:** Seong Rae Kim et al, Smoking Cessation and Risk of Hidradenitis Suppurativa Development, *JAMA Dermatology* (2024). [DOI: 10.1001/jamadermatol.2024.2613](https://doi.org/10.1001/jamadermatol.2024.2613)

Provided by University of Cincinnati

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