

**How to calculate "PACK YEARS" for your COPD patients**

**1) Cigarettes**

15 cigarettes a day for 1 year =  $\frac{3}{4}$  pack year  
20 cigarettes a day for 1 year = 1 pack year  
40 cigarettes a day for 1 year = 2 pack years

**2) Pipe Smoker**

1 pipe = 2.5 cigarettes

e.g. 2 pipes a day = 5 cigarettes a day. If they smoked this amount for 1 year =  $\frac{1}{4}$  pack year.

4 pipes a day = 10 cigarettes a day. If they smoked this amount for 1 year =  $\frac{1}{2}$  pack year.

**3) Cigars**

1 Café Crème = 1.5 cigarettes a day  
1 Hamlet (or similar) = 2.5 cigarettes a day  
1 Havana = 4 cigarettes a day

e.g. 4 Hamlet cigars a day = 10 cigarettes a day. If they smoked this amount for 1 year =  $\frac{1}{2}$  pack year.

**4) Roll Ups**

25 grams (1 ounce) = 50 cigarettes

Ask your patient how many ounces per week smoked ?

e.g. 25 grams tobacco (1 oz) per week = 50 cigarettes, divided by 7 days = approx 7 cigarettes per day

50 grams tobacco (2 oz) per week = 100 cigarettes, divided by 7 days = approx 14 cigarettes per day

75 grams tobacco (3 oz) per week = 150 cigarettes, divided by 7 days = approx 21 cigarettes per day

and so on .....

**Formula**

$\frac{\text{No of cigarettes smoked per day}}{20} \times \text{no of years smoked} = \text{no of pack years}$

**e.g.** smokes 40 cigarettes a day for 30 years

$\frac{40}{20} \times 30 = 60$  pack year history