The Impact of smoking on healing.

Another good reason to guit.

Smoking remains the number one cause of preventable death. Each year more than 400,000 people in the United States alone die from tobacco-related diseases. But what you may not realize is the negative impact smoking also has on the body's ability to heal. For example, non-smokers experience less pain and a higher degree of function after surgeries focusing on muscles, such as rotator cuff repairs, than smokers.

Further evidence continues to indicate smoking's harmful effects, not only to your lungs, but also to your bones and muscles:

- ✓ Rotator cuff tears in smokers are nearly twice as large as those in nonsmokers.
- ✓ Fractures take longer to heal in smokers because of the harmful effects of nicotine on the production of bone-forming cells.
- Smokers have a higher rate of complications after surgery than nonsmokers and outcomes are less satisfactory.
- ✓ Nicotine, the most powerful substance in tobacco, causes a decrease in blood flow to all tissues in the human body resulting in poor wound healing.
- ✓ Smoking increases your risk of developing. osteoporosis - a risk factor in hip fractures.

No matter how long or how much you've smoked, when you quit smoking you begin to experience benefits, and if you are preparing for surgery, quitting smoking before surgery can help post-operative improve wound healing and decrease recovery time.

Information provided by the American Academy of Orthopaedic Surgeons (AAOS)

The American Lung Association offers this advice to help you prepare to quit:

- 1. Identify your personal reasons for quitting.
- 2. Set a guit date, usually within 10 days to several weeks. If you smoke mostly at work, try quitting on a weekend. If you smoke mostly when relaxing or socializing, quit on a week day.
- 3. Identify your barriers to quitting (such as your spouse smokes or you've relapsed before due to depression or weight gain.)
- 4. Make SPECIFIC plans AHEAD OF TIME for dealing with temptations. Identify two or three coping strategies that work for you (such as taking a walk or calling a friend).
- 5. Get cooperation from family and friends. They can't quit for you but they can help by not smoking around you, providing a sympathetic ear and encouragement when you need it and leaving you alone when you need some space.

See "How do I quit?" on reverse side for a 4-step cessation plan.



The American Heart Association

How do I quit?

Step One

- List your reasons to quit and read them several times a day.
- Wrap your cigarette pack with paper and rubber bands. Each time you smoke, write down the time of day, how you feel, and how important that cigarette is to you on a scale of 1 to 5.
- Rewrap the pack.

Step Two

- Keep reading your list of reasons and add to it if you can.
- Don't carry matches, and keep your cigarettes out of easy reach.
- Each day, try to smoke fewer cigarettes, and try not to smoke the ones that aren't most important.

- Change brands twice during the week, each time for a brand lower in tar and nicotine.
- Try to stop for 48 hours at one time.

Step Four

- Quit smoking completely. Throw out all cigarettes and matches. Hide lighters and ashtrays.
- Stay busy! Go to the movies, exercise, take long walks, go bike riding.
- Avoid situations and "triggers" you relate with smoking.
- Find healthy substitutes for smoking. Carry sugarless gum or artificially sweetened mints. Munch carrots or celery sticks. Try doing crafts or other things with your hands.

Attempting

- Do deep breathing exercises when you get the urge.

Step Three

- Continue with Step Two. Set a target date to quit.

Don't buy a new pack until you finish the one you're smoking.



What happens after I quit?

- Your senses of smell and taste come back.
- Smoker's cough goes away.
- You will digest normally.
- You feel alive and full of energy.
- You breathe much easier.
- It's easier to climb stairs.
- You're free from the mess, smell and burns in clothing.
- You feel free of "needing" cigarettes.
- You'll live longer and have less chance of heart disease, stroke, lung disease and cancer.

What if I smoke after quitting?

It's hard to stay a nonsmoker once you've had a cigarette, so

do everything you can to avoid that "one." The urge to smoke will pass. The first 2 - 5 minutes will be the toughest. If you do smoke after quitting:

- This doesn't mean you're a smoker again do something now to get back on track.
- Don't punish or blame yourself
- tell yourself you're still nonsmoker.
- Think about why you smoked and decide what to do the next time it comes up.
- Sign a contract to stay a nonsmoker.

How can I learn more?

 Talk to your doctor, nurse or other healthcare professionals.
If you have heart disease or have had a stroke, members of

- your family also may be at higher risk. It's very important for them to make changes now to lower their risk
- 2. Call 1-800-AHA-USA1 (1-800-242-8721), or visit americanheart.org to learn more about heart disease.
- For more information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit us online at <u>StrokeAssociation.org</u>.

The American Heart Association has many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.