

InFlight

Wellness Weekly



Wellness Tips To Better Your Life

Tobacco Free Living

SUMMERTIME



How Smoking Affects Healing

Injuries can occur at any time, and for any reason. Yet more and more of those entering the military, as well as, those currently serving will experience more injuries than others if they do just one thing - smoke or use tobacco.

The use of tobacco of any form impedes and impairs the performance and readiness of military service members. Within the military, smokers tend to achieve lower fitness standards and place their long-term health at risk which can limit duty performance. Military leaders in partnership with Health Promotion Managers have begun changing the cultural mindset within the military from a "right to smoke" with updated policy changes and campaigns to encourage smokers to quit and others to not start. These policies and cultural changes have allowed for a more positive impact on the health and fitness of Warfighters and their families as leaders help to change the attitudes towards smoking. But it may not be enough. Tobacco use within the military is still a major problem, especially with the introduction of e-Cigarettes and other forms of tobacco.



Smoking and its Damaging Effects on the Musculoskeletal System

The bones within your body provide the framework that supports it and is connected by a series of tendons and ligaments. The loss of bone mineral content and increased incidence of fractures are the best known negative consequences of smoking. Studies have shown that tobacco users are at 7.5 times greater risk of injuries to the shoulders (rotator cuff tears, bicep tendon ruptures) than non-smokers.

Because our bones also work to detoxify the body, they absorb toxins and heavy metals from the blood. The detoxification process of a smoker over a period of time will lead to the bones becoming brittle and less capable of repairing itself. This happens as a result of the Osteoclasts becoming overwhelmed and unable to keep up with any repairs needed or the ability to create new blood or nerve pathways as old ones die off. When an injury occurs, a process known as hematoma or inflammatory response and callus formation is triggered. Smoking delays this response which prevents fibroblasts and mesenchymal stem cells from flowing to the injured site and are the main architects and builders for wound repair.

A Content Analysis of Military Commander Messages About Tobacco and Other Health Issues in Military Installation Newspapers: What Do Military Commanders Say About Tobacco?

Cigarette Smoking and Musculoskeletal Disorders. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3711704/>



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see what is going on this week

Osteoporosis management strategies

Start by quitting: The best thing smokers can do to protect their bones is to quit smoking. Smoking cessation, even later in life, may help limit smoking-related bone loss.

Eat a well-balanced diet rich in calcium and vitamin D: The Institute of Medicine recommends a daily calcium intake of 1,000 mg for men and women up to age 50. Women over 50 and men over 70 should increase their intake to 1,200 mg daily.

Vitamin D plays an important role in calcium absorption and bone health. Many people, especially those who are older, may need vitamin D supplements to achieve the recommended intake of 600 to 800 IU (International Units) each day.

Exercise for your bone health: Like muscle, bone is living tissue that responds to exercise by becoming stronger. Weight-bearing and resistance exercises are the best exercises for bone.

Avoid excessive use of alcohol: Chronic alcohol use has been linked to an increase in fractures of the hip, spine, and wrist. Drinking too much alcohol interferes with the balance of calcium in the body.

Talk to your doctor about a bone density test: This painless test can detect osteoporosis before a fracture occurs and can predict one's chances of fracturing in the future.

See if medication is an option for you: Several medications are available to prevent and treat the disease in post menopausal women and in men.

Smoking and Bone Health. Retrieved from <https://www.bones.nih.gov/health-info/bone/osteoporosis/conditions-behaviors/bone-smoking>

A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

I recently quit smoking because I was going through basic training, but I am now thinking of picking up the habit again. I came across an article that said smoking can also increase your chances of getting musculoskeletal injuries. If I start again, am I more likely to get injured or will smoking not really affect my musculoskeletal as much as the article claims?

Sincerely,
Confused Ex-Smoker

Dear Confused Ex-Smoker,

Congratulations on quitting! Even if it was a requirement for basic training, it is still a step in the right direction. Take this opportunity to stay tobacco free, even past graduation. There are a number of airmen in similar situations who may find it tempting to restart tobacco use during their next training phase.

The article that you read on musculoskeletal injuries is correct. The health problems that can result from using tobacco products extend beyond some of those that are most commonly reported. Studies have found that military members who use tobacco were 31 percent more likely to sustain injuries than non-tobacco users. The more you use tobacco, the greater the risk. The long-term effects of tobacco use have been known to lead to inflammation, decreased blood flow and chronic injuries.

The best protection is to not use tobacco products. Instead of picking up the habit again, try a new hobby such as reading, running, hiking, sports, or other leisure activities. Also consider checking out the YOU CAN QUIT 2 website which has numerous tips and resources to help former tobacco users stay quit. <https://www.ycq2.org/stay-quit/>

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/> or <https://www.facebook.com/Joint-Base-Andrews-Health-Promotion-120094328077726>

HERE'S WHAT'S GOING ON
WHERE YOU LIVE AND WORK



HAPPY WELLNESS
MONTH

Your Local Health
Promotion Office



Contact: Sylvia Goff, Health Promotion Coordinator, JBA
Phone: 240-612-1745
Email: sylvia.a.goff.civ@mail.mil

Monday	Tuesday	Wednesday	Thursday	Friday
Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter RD., Joint Base Andrews MD				
<p>Taking Action - Healthy Weight Management Mondays at 1500 Register at: 240-612-2703/857-7186</p>	<p>Tobacco Cessation Program Tuesdays at 1500 Register at: 240-857-7186</p>	<p>Group Lifestyle Balance - Pre-Diabetes Wednesdays at 1200 Register at: 240-612-2678</p>	<p>Freedom from Sleep Troubles - Sleep Optimization Thursdays at 1400 Register at: 240-612-1130/857-7186</p>	<p>Health Habit Workshop - Making Changes Stick Fridays at 1300 Register at: 240-857-7186</p>