



Wellness Tips To
Better Your Life

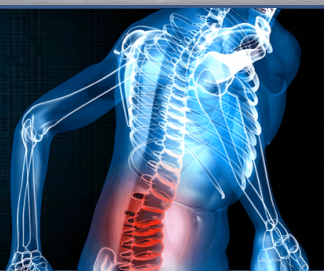
InFlight

Wellness Weekly

16 July 2018

Healthy Weight & Nutritional Fitness | Physical Activity | **Tobacco Free Living** | Sleep Optimization

Clear The Smoke & End The Pain



Injuries can occur at any time, and for any reason. The dreaded semi-annual physical fitness test assesses the Airmen's physical fitness through a functional capacity evaluation of strength, stamina and cardiovascular health. 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 Structure of A Bone

The bones within the body are made up of a collection of a living and growing tissue called Collagen and Calcium Phosphate. This combination is what gives our bones structure, strength, and flexibility and are comprised of two types of tissue: Compact and Cancellous or "Spongy" and are maintained and supported by three main cell types: Osteoblasts, Osteocytes, and the most important - Osteoclasts, which help to remodel injured bones and create pathways for the various blood vessels and nerves to travel around.

How Tobacco Affects The Musculoskeletal Systems

When any of these cells or organisms are damaged or are unable to repair themselves, sustained and chronic injuries will result causing pain and discomfort that may or may not be treatable. One of the biggest culprits of musculoskeletal injuries is tobacco. And it's not just smoked tobacco that can cause injuries. It's also been discovered that nicotine from chewing, vaped or e-cigarettes all slow down healthy production of bone-forming cells (Osteoclasts).

Our bones also act as a detoxifier and 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 and 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.

The bones within the body also provide the framework that supports it and is connected by a series of tendons and ligaments. Studies have shown that tobacco users - smoked, chewed, or vaped - are at 7.5 times greater risk of injuries to the shoulders (rotator cuff tears, bicep tendon ruptures) than non-smokers.

Ways To Clear The Smoke And End The Pain

Smoking leads to a number of health problems. A number of those problems are well known such as cancer, lung disease, heart disease, and cardiovascular diseases. Even with a greater awareness on the health impact tobacco use has on health readiness, we have a long way to go towards being a tobacco-free military.

The use of tobacco of any form impedes and impairs the performance and readiness of military service members. Smokers within the military tend to achieve lower fitness standards which can limit duty performance and place their long-term health at risk. Military leaders in partnership with Health Promotion Managers have begun changing the cultural mindset within the military 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. There are other ways to destress that do not negatively impact the structural integrity of the body. Here are some tips to help you "Clear The Smoke And End The Pain."

- 1. Eliminate Triggers** - Clean your house and car completely of any and all tobacco items such as ash trays and lighters .
- 2. Wait It Out** - A craving to smoke only lasts three to five minutes, whether you smoke or not. Watch a movie, read a book, or "Fidget" with a Fidget Spinner to distract you.
- 3. Rework Your Routine** - Your schedule may have had built in smoke breaks. Know when these times are and what your triggers are, then make a plan to avoid them.
- 4. Keep Trying** - It may take some time, but you have the power to break this addiction.

If you need support along the way, call any of these toll free Help lines and speak with a certified smoking cessation counselor. You can also contact your local BHOP.

1-800-LUNGUSA
(1-800-586-4872)



FREEDOM Call Today!
QUITLINE 1-844-I-AM-FREE
FREEDOMQUITLINE.ORG 1-844-426-3733

Additional References & Resources:

1. What is Bone - NIH: <https://www.bones.nih.gov/health-info/bone/bone-health/what-is-bone#fyi>
2. American Lung Association - 8 Tips To Quit Smoking For Good : <http://www.lung.org/about-us/blog/2017/01/8-tips-to-quit-smoking.html>
3. Cigarette Smoking and Musculoskeletal Disorders - NIH: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3711704/>
4. A Content Analysis of Military Commander Messages About Tobacco and Other Health Issues in Military Installation Newspapers: What Do Military Commanders Say About Tobacco?



See calendar on other side to
see what's going on this week

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. I have not had any injuries since quitting and know that I will still have to do PT on a regular basis. If I start again, am I more likely to get injured or will smoking not really affect me as much as the article claims ?

Sincerely,
Confused Ex-Smoker

Dear Confused Ex-Smoker,

Congratulations on quitting! Even if it was due to basic training, it is still a step in the right direction. Take this opportunity to stay tobacco-free past graduation. There are a number of airmen in similar situations who may find themselves vulnerable to reinitiating tobacco use during their next training phase from peer pressure, perceived benefits of “smoke breaks”, and stress and encourage you to continue to stay smoke-free and tobacco free.

You have probably heard it said many times that the use of tobacco products can cause all sorts of health problems. These health problems, you might recall, include several forms of cancer, heart disease, pulmonary disease, adverse reproductive outcomes, and worsening of other preexisting health conditions. The article that you read on musculoskeletal injuries is correct since many of the problems associated with smoking can increase your risk of injury. Tobacco use can cause tissue hypoxia, decrease wound healing time, impair blood flow, and increase post-op healing complications which all lead to greater chances of getting injured. All of these health risks are preventable, which only makes it that much more important to stay smoke-free, especially if you find yourself performing duties that become more physically demanding.

Studies have found that military members who smoked were 31 percent more likely to sustain injuries than non-smokers. The more you smoke, the greater the risk. It’s a good thing that you quit when you did since the long-term affects of tobacco use have been known to lead to inflammation, decreased blood flow and chronic injuries.

These findings make smoking a more immediate concern to commanders as smoking can increase risks of injury making you less fit and ready. The best protection is to not smoke. Instead of picking up the habit again, try a new hobby such as reading, running, hiking, sports, or other leisure activities.

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.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/HealthyLiving/> or <https://www.facebook.com/Joint-Base-Andrews-Health-Promotion-120094328077726/>




**HERES WHATS GOING ON
WHERE YOU LIVE
JOINT BASE ANDREWS**

Your Local Health
Promotion Office



Contact: Sylvia Goff (JBA) Janet Grund(JBAB)
Phone: 240-612-1745 202-404-1563
Email: sylvia.a.goff.civ@mail.mil

Monday	Tuesday	Wednesday	Thursday	Friday
Sleep Enhancement Class Register at: 240-612-1130 Healthy Heart Class, 0900 2nd Mon, 240-612-2396 Weight Mgmt Class, 0800 4th Mon, 240-612-2703	Diabetes Self Mgmt Education Register at: 240-612-2396 Tobacco Cessation Program Register at: 240-857-8942 Stress Mgmt & Relaxation Trng Register at: 240-857-8942	 Comprehensive Airmen Fitness	HEALTH PROMOTION SERVICES Base Nutrition Environment Assessment (mNEAT) Health Improvement Briefings Unit Force Health Reports Metabolic analysis (JBAB only)	The Marriage Checkup Want the tools and resources to strengthen your connection? Call 301-539-9736 or email marriagecheckupJBA@gmail.com