



Tobacco Use and Healing

Facts about Tobacco use:

- Cigarette smoking and chewing tobacco harms circulation by narrowing blood vessels and limiting new blood vessel formation, which are both important for tissue health and healing.
- Cigarette smoking leads to increased fracture rates of the hip, spine, and forearm.
- Smokers are more likely than nonsmokers to develop an infection after surgery.
- Smokers have a higher rate of complications after surgery when compared with nonsmokers.
- Smokers are more likely to develop a rotator cuff tear compared to nonsmokers.
- Cigarette smoking is associated with an increased risk of back pain and degenerative disc disease.

The Good News:

- Healing ability appears to recover after two to six weeks of stopping smoking and wound healing improves after three to four weeks of stopping.
- Smokers that stop have consistently better outcomes with regard to postoperative complications, infections, return to work, and recovery rates.

Resources to Help You Quit:

Colorado QuitLine- Free online telephone service for Colorado residents to help you quit using tobacco, with support through all phases of quitting.

- <http://www.coquitline.org>
- 1-800-QUIT-NOW

Smokefree.gov- Government website with many resources to help you stop using tobacco.

- <http://www.smokefree.gov>

CDC Tobacco Website- Numerous links to online resources to help you stop using tobacco.

- http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

Local Resources:

Nicotine Anonymous- 1938 North 1st Street Unit #8 Grand Junction, Colorado 81501. 970-523-1352

Vets Cessation Meetings- 2121 North Avenue. 3rd Floor Grand Junction, Colorado 81504. 970-242-0731

Mesa County Tobacco Education Council- 510 29 ½ Rd. Grand Junction, Colorado 81504. 970-254-4108