

Smoking and Your Spine

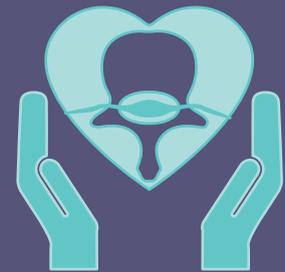
Smoking has been shown to have multiple adverse effects with regards to the spine. Nicotine and other byproducts of tobacco reduce the blood flow throughout the microvascular system to all parts of the body. Your spine requires this blood flow to deliver oxygen and nutrients to the bones, discs, nerves and spinal cord contained within your spinal column. When this blood flow is reduced, the healing is compromised. Smoking is a major contributor to degenerative disc disease and other spinal issues.



A surgical wound has difficulty healing if the blood flow is reduced. Smoking reduces the oxygen and nutrients critical for wound healing. Spinal fusion is inhibited by nicotine and related chemicals. If fusion does not occur as planned, the instrumentation can fail, resulting in chronic pain and possibly more necessary surgery. There is now enough data on this topic that some insurance companies are denying spinal fusion surgery until the patient has quit smoking.



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The health providers at **Goodman Campbell Brain and Spine** are committed to good patient outcomes. Quitting smoking or other tobacco-related

products is one of the most important things you can do to improve not only your spine but your overall health. You are more likely to have a good outcome from a spine problem, surgical or not, if you are a non-smoker. Because of this, your surgeon may not schedule an elective spinal fusion while you are actively smoking or using nicotine-containing products. This is a health issue that you control, and by improving your health, we are confident that you will have a more successful result with your spine-related problems. If you need assistance with quitting, please discuss with your primary care provider, or call

1-800-QUIT-NOW.