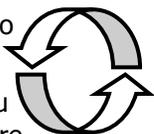


Why Can Smoking Increase Your Pain?

- Smoking is addictive. The nicotine in tobacco can trick your body into feeling good at first by triggering feel good chemicals that give off a "reward" sensation in your body.
- However, tobacco products can also impair blood flow of oxygen to bones & tissues.
- Less blood & nutrient flow, causes deterioration, specifically in the spine, which can cause low back pain.
- Research shows there is a connection between smoking and feeling tired & slower healing. This may make painful symptoms more noticeable.

The Catch-22

- Unfortunately, smoking as a way to manage pain is a nasty cycle.
- If you do not manage your pain, you may find yourself smoking even more in efforts to falsely cope.
- This is bad because if you smoke, you may not respond to pain management or therapies as well.
- Smokers are three times more likely to have lower back pain.



How Does Smoking Interfere with Pain Management?

Smoking:

- Causes or worsens painful medical conditions.
- May increase joint pain, like arthritis.
- Has been linked to chronic pain.
 - Increases pain sensitivity & perception. Studies have found that smoking causes people to perceive pain more intensely.
 - Reduces your body's ability to heal by itself.
- Interferes with pain medication. Smokers may need a larger dose of pain medications to reduce or manage pain, which can lead to additional health concerns.
- Is more common during stressful times making it harder to cope with chronic pain.



Ways to Reduce or Stop Smoking to Improve Pain:

Personal Changes

- Drink lots of water.
- Use gum or mints when a craving kicks-in.
- Get your teeth cleaned and/or whitened.
- Avoid caffeinated beverages like coffee & soda & avoid alcoholic drinks.
- Wash your clothes & clean your car to get rid of the smell of cigarettes.
- Try to stay away from places where you would normally smoke like bars, nightclubs & outdoor areas of restaurants that allow smoking.
- Become physically active like walking or biking with friends or on your own.

Social Support

- Surround yourself with people you trust.
- Focus on people who can help.
- Ask for help.
- Be specific about your wants.
- Grow your social circle.



Where Can I Get Help?

Local

1. UF Health Jacksonville Community Health Center
Phone: 904-BIG-STEP (244-7837)
4 session & \$5 for each session
2. Tobacco Free Jacksonville
Phone: 904-253-1600;
Email: hsciartelli@civcomweb.com
<http://www.tobaccofreeflorida.com/county/duval/>
3. St. Vincent's HealthCare & Northeast Florida Area Health Education Center: Quit Smoking Now Program
Phone: 1-877-848-6696
<http://www.northfloridaahec.org/tobacco-training-cessation/quit-smoking-now/>

National

1. Tobacco Free Florida
Phone: 1-877-U-CAN-NOW (1-877-822-6669)
2. National Cancer Institute
Phone: 1-877-448-7848
3. American Cancer Society's Quitline
Phone: 1-800-227-2345



For more information on **PAMI** visit:
<http://pami.emergency.med.jax.ufl.edu/>
Email: emresearch@jax.ufl.edu
or scan the QR Code:



Content adapted from:

- Cleveland Clinic: Smokers who struggles with chronic pain
- Healthgrades: The link between smoking and chronic pain
- Everydayhealth: Chronic pain and smoking
- Center for Disease Control and Prevent (CDC): Smoking & tobacco use