



Breaking the Smoking/Tobacco Habit

Smoking cigarettes, cigars, cigarillos, pipes
E-cigarettes, vaping
Smokeless tobacco, snuff, chew

It really does not matter what you call it or what form you use.....**all** of these products contain many harmful chemicals to the human body. Some are known to cause cancer but many other health concerns can occur with tobacco use.

Increased Risk for:

Delayed healing of bones and incisions
Degenerative disc disease of the spine
Cancer of the Lung, Throat and Mouth
Lifelong breathing problems like Emphysema and COPD
Heart Disease, Blood Clots
Stroke, Weakness of the blood vessel walls [aneurysm]
Increased occurrence of Asthma, Sinus problems, Colds, Pneumonia
Cataracts, Macular Degeneration
Osteoporosis [thinning bones]
Anesthesia complications after surgery
Tooth and Gum disease

Your OSS surgeon highly recommends that you quit the tobacco habit for your overall health and the healing of your bones and incisions!

Where to go for support? Your family doctor can recommend a treatment plan or the following resources are available.

- US Department of Health and Human Services/
National Cancer Institute
Phone: 1-877-448-7848
www.smokefree.gov
- American Cancer Society
250 Williams Street NW
Atlanta, GA 30303
Phone: 1-800-227-2345
<http://www.cancer.org>
- American Heart Association National Center
7272 Greenville Avenue
Dallas, TX 75231-4596
Phone: 1-800-242-8721
<http://www.americanheart.org>
- American Lung Association
55 W. Wacker Drive, Suite 1150
Chicago, IL 60601
Phone: 1-800-548-8252
<http://www.lungusa.org>