



FOR MORE INFORMATION ON
SMOKING & OSTEOPOROSIS:

Sticks & Stones Can Break Your BONES...

We Can Help You!

For more INFORMATION & RESOURCES
to help you QUIT:

- ❖ www.njquitline.org or call 1 (866) 657-8677
- ❖ www.tobaccofreenj.com
- ❖ www.becomeanex.com
- ❖ www.smokefree.gov
- ❖ www.cdc.gov/tobacco
- ❖ www.surgeongeneral.gov/tobacco

The **NJ Interagency Council on Osteoporosis (ICO)**:
Established in 1997, is a multidisciplinary coalition
comprised of members of the public, state
government, healthcare, academic and corporate
communities.

NJ Department of Human Services
Division of Aging Services
Phone: (609) 588-6654



Talk to your **DOCTOR** or **PHARMACIST**
if you have questions !

[http://www.state.nj.us/humanservices/doas/
healthy/osteoporosis/](http://www.state.nj.us/humanservices/doas/healthy/osteoporosis/)



...and So Can SMOKING!



Melissa's Story...

"I'm only 37, how can this be happening to me?" That was my first thought when I fractured my hip from falling. I thought hip fractures only happened to older people, but when my doctor told me that my bones had weakened from smoking, I was shocked. She told me that smoking contributed to my premature menopause and increased my risk for osteoporosis and bone fracture. I smoked almost two packs of cigarettes every day for 13 years. I could have prevented this."

Smoking & Osteoporosis

- ❖ Cigarette smoking is a well-known risk factor for osteoporosis, cervical cancer and heart disease.
- ❖ Tobacco use decreases bone mineral density, weakening bones.
- ❖ Women who smoke may produce less estrogen, contributing to early menopause and increased bone loss.
- ❖ Smoking is responsible for 1 in 8 hip fractures.
- ❖ The risk of a hip fracture by age 60 is 17 % higher in smokers.

Steps to Bone Health & Osteoporosis Prevention

- ❖ Don't start smoking – if you already do, make a plan to quit **TODAY!**
- ❖ Limit your alcohol intake: Not more than 2 drinks per day for men or 1 per day for women.
- ❖ Get at least 1000 mg of calcium and 800 IU of vitamin D daily preferably from food sources such as milk, cheese, yogurt or green vegetables.
- ❖ Engage in regular weight-bearing and resistance exercise.
- ❖ Talk to your doctor/health care provider about bone health and determine if you are a candidate for bone density screening.

Aids to Quit Smoking

Medications **CAN HELP** reduce withdrawal symptoms and increase your success!

- Zyban (Bupropion)
- Chantix (Varenicline)

❖ Nicotine Replacement Therapy:

- Gum & lozenges
- Patches
- Nasal spray or inhaler

❖ Healthcare professionals **CAN HELP** you:

- Identify smoking triggers
- Cope with stress
- Support you as **YOU QUIT**