We Can Help You!
For more INFORMATION & RESOURCES to help you QUIT:

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

Talk to your DOCTOR or PHARMACIST if you have questions!

FOR MORE INFORMATION ON SMOKING & OSTEOPOROSIS:

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.

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

http://www.state.nj.us/humanservices/doas/healthy/osteoporosis/

Sticks & Stones Can Break Your BONES...

...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.”

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### 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.

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### 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**