

About Arthritis

Approximately 35 percent of West Virginia adults report being diagnosed with arthritis – the highest in the nation.

The term arthritis is actually comprised of more than 100 diseases that affect the joints, the tissue that surrounds the joints and connective tissue. Although the location and severity of the disease can vary, most sufferers experience joint pain and stiffness. Extreme cases of arthritis can seriously handicap your lifestyle in many ways.

West Virginia
**TOBACCO
QUITLINE**
1-877-966-8784

Division of
WEST VIRGINIA
Tobacco Prevention
DEPARTMENT OF HEALTH AND HUMAN RESOURCES



WEST VIRGINIA TOBACCO
CESSATION
PROGRAM
West Virginia Department of Health and Human Resources



West Virginia Department of Health and Human Resources
Bureau for Public Health
Office of Epidemiology and Health Promotion
Division of Tobacco Prevention Cessation Program

350 Capitol Street, Room 206
Charleston, WV 25301
Phone: (304) 558-2939
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www.wvntp.org
www.wvquitline.com

Know the Risks

TOBACCO USE &

Osteoporosis & Arthritis



West Virginia Department of
Health and Human Resources



Osteoporosis and Tobacco

Osteoporosis is a “pediatric disease with geriatric consequences.” Bones gain their greatest density during the teenage years. As we age, bones lose that density and become porous increasing the risk of fracture. Many factors including tobacco use and secondhand smoke interfere with bone growth and development. Smokers and those exposed to secondhand smoke are putting their bones at a higher risk for osteoporosis.

Arthritis and Tobacco

There are over 100 diseases in the Arthritis Family. Arthritis affects joints, cartilage and the various surrounding tissues and muscles. It is the leading cause of disability in the United States. Tobacco use increases the risk, severity and muscle deterioration associated with arthritis which leads to increase pain and disability.

- *Eat healthy* — A well-balanced diet can help you maintain your recommended weight. Being overweight can put unnecessary strain and pressure on your joints.
- *Exercise* — Regular activity strengthens the muscles surrounding your joints. Exercise can also increase bone density and help prevent injury.
- *Quit tobacco and limit alcohol* — Tobacco and alcohol can both cause your bones to weaken.
- *Get recommended calcium and vitamin D* — Calcium builds strong bones, and vitamin D helps your body absorb the calcium.

Tobacco and Your Health

Tobacco use can cause serious health issues and life threatening diseases such as heart disease and cancer. A long-term habit of smoking or using spit tobacco can hinder your quality of life and lead to death. Studies have also linked tobacco use with decreased bone strength, which can lead to osteoporosis.

Secondhand tobacco smoke is not passive. It can also be hazardous to your health, because it contains many of the same harmful chemicals that the smoker inhales.

The good news is that your body can recover quickly when you quit tobacco. Regardless of your age, you can enjoy the many benefits of being tobacco-free.

We Can Help You Quit

Your health can greatly improve if you quit tobacco. The nicotine makes tobacco use extremely addictive, so it can be hard to quit. However, studies prove you are more likely to successfully quit tobacco if you are being coached. The West Virginia Tobacco Quitline provides:

- **A FREE or low cost program with personal advice**
- **FREE educational materials**
- **Four FREE calls with a phone coach**

Live healthier. **Quit tobacco today.**

For more information, visit
www.wvbonenjoint.org



**Call the
West Virginia Tobacco
Quitline today.**