

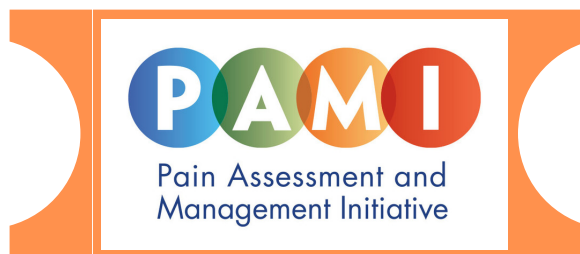
QUITTING RESOURCES

LOCAL

1. UF Health Jacksonville
Community Health Center
Phone: 904-244-7837
Four sessions (\$5 per session)
2. Tobacco-Free Jacksonville
Phone: 941-374-1432
Website: <http://www.tobaccofreeflorida.com/county/duval>
3. Northeast Florida Area Health
Education Center Tobacco
Cessation Classes:
Phone: 1-877-848-6696
Website: <http://www.northfloridaahec.org/tobacco>

STATE AND NATIONAL RESOURCES

1. Tobacco-Free Florida
Phone: 1-877-822-6669
2. National Cancer Institute
Phone: 1-877-448-7848
3. American Cancer Society Quitline
Phone: 1-800-227-2345
4. Veterans Affairs Quitline
Phone: 1-855-784-8838



Contact us

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
American Cancer Society: Deciding to quit smoking and making a plan
Center for Disease Control and Prevent (CDC): Smoking & tobacco use
Yu Shi, Toby N. Weingarten, Carlos B. Mantilla, W. Michael Hooten,
David O. Warner; Smoking and Pain: Pathophysiology and Clinical
Implications. Anesthesiology 2010;113(4):977-992. doi:
10.1097/ALN.0b013e3181ebdaf9.

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Reduce Smoking & Improve Pain Management

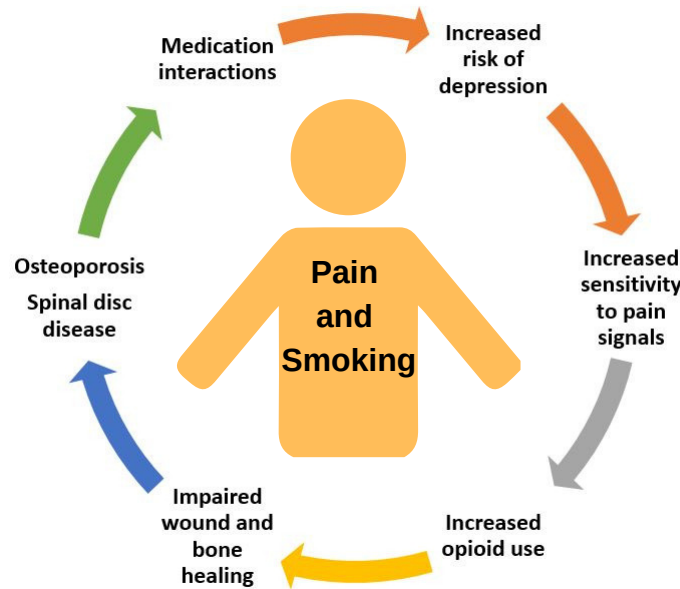


SMOKING MAY WORSEN PAIN

- Nicotine in tobacco products causes a release of hormones like dopamine in the brain making it addictive.
- Nicotine may trick people by initially causing short term relief of pain, but with chronic use nicotine actually makes pain worse.
- Smoking can reduce blood flow and oxygen delivery to bones & tissues resulting in increased pain perception.
- Decreased blood & nutrient flow may cause breakdown of the bones in the spine, and worsen lower back pain.
- Smokers are three times more likely to get lower back pain.
- Smoking slows healing and increases fatigue, making painful conditions more difficult to manage.

SMOKING INTERFERES WITH PAIN RELIEF

- Smoking interferes with efficacy of pain medications and may require you to use higher doses of medication to manage your pain.



- Smoking is associated with depression and other mental health diseases.
- Patients with chronic pain who stop smoking may experience dramatic benefits in their long term health.

PREPARE FOR A QUIT DAY

- Tell friends and family about your planned quit date and mark it on your calendar.
- Remove all tobacco products in your home, car, and workplace.
- Stock up on distraction items:
 - Chewing gum
 - Carrot sticks
 - Hard candy
 - Cinnamon sticks
 - Straws and/or toothpicks
- Ask family and friends to not smoke around you, or leave tobacco products in your view.
- Talk to your doctor about medications that may be used to help you quit smoking.
- Quitting smoking can help reduce different types of pain such as:
 - Fibromyalgia
 - Headaches
 - Back pain
 - Cancer pain