



**MIDJERSEY**  
**ORTHOPAEDICS**  
*LIVE LIFE BETTER.*

## Smoking Cessation

MidJersey Orthopaedics is dedicated to promoting the overall health of our patients. We strongly encourage our smoking patients to consider enrolling in a smoking cessation program.

The long term effects of smoking are extensive. Among the myriad of disease states, smoking can cause lung and oral cancer, chronic obstructive pulmonary disease, and it increases the risk for stroke, cataracts, rheumatoid arthritis and osteoporosis. From an orthopedic standpoint, smoking is linked to loss of bone density, which increases a person's chance for hip and spine fractures. Additionally, nicotine acts as a vasoconstrictor and reduces blood flow to the skin resulting in tissue ischemia and impaired wound healing. Nicotine increases platelet adhesiveness raising the risk of thrombotic microvascular occlusion, or clot formation. Compared to nonsmokers, studies reveal that smokers have a higher incidence of suboptimal healing and complications following surgery.

To better prepare you for a healthier lifestyle and optimal post-surgical outcome, MidJersey Orthopaedics encourages you to stop smoking. Listed below is a great resource. You can also visit your primary care physician for prescription medications used in conjunction with a support group for smoking cessation.

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