

# Smoking hurts more than your lungs, including your back



## You obviously need to quit. Now.

Most people associate smoking with lung and mouth cancer — but it affects the body in countless, often subtle ways, all of which result in overall health impairment.

Research has identified a link between smoking and back pain: a study\* published in the journal 'Spine' found that smokers have more frequent episodes of back pain. Further, the study also suggested that smoking may have a greater impact on persons with damaged spines.

As you know, smoking reduces your health in many ways. It reduces the efficiency of your lungs while loading it with toxins. That means your body receives less of the oxygen it needs for healthy organs, ligaments and muscles — including those which hold the spine in place and help it maintain its health.

At the same time, reduced oxygen impairs your ability to exercise; less exercise weakens muscles and impairs correct body structure, often leading to spinal pain.

Your chiropractor can provide the essential specialist advice and care you need to promote positive spinal health and restore nervous system function — while guiding you towards an overall healthier lifestyle.

Your chiropractor is a highly qualified and trained professional who has completed a five year university degree course and who continues to update their knowledge.

*...smokers have more frequent episodes of back pain.*

Doctors of chiropractic are able to provide expert advice for a range of issues affecting healthy lifestyle. Each week around 200,000 people in Australia turn to chiropractic care.

It's a matter of record that chiropractic is extremely safe. Chiropractors are highly qualified health professionals who have completed a 5-year university degree course and continue to update their knowledge through further education throughout their entire career.

If smoking is affecting your health and fitness, it's time to discover how your chiropractor can help you reclaim your wellness and freedom to live.

\* Scott, S.C. et al. (1999). The Association Between Cigarette Smoking and Back Pain in Adults. Spine 24 (11), 1090-1099.