

How Tobacco Use Can Affect Your Bones

- Studies have shown a direct relationship between tobacco use and decreased bone density which increases the risk of fractures.
- Smoking has also been shown to have a negative impact on bone healing.
- Whatever your age, the effects of smoking on bone health can't be ignored. The years from childhood until age 30 are prime time for building bone mass. If an adolescent is smoking, they will not develop maximum bone mass. They will end up with a smaller skeleton and less bone mass, compared to a nonsmoker. Smoking continues to affect bone health in your 40s and 50s. Women that age begin to lose estrogen, which is very important for bones. If you smoke, bone loss is more rapid -- and with more complications.
- Smoking triggers other bone-damaging changes, such as increased levels of the hormone cortisol, which leads to bone breakdown.
- Nicotine and free radicals kill the osteoblasts -- the bone-making cells