



HEALTHY AGING

TOBACCO and AGING

Lifestyle Wellness is the new buzzword today. Most would agree that living a healthy life has its perks. The International Journal of Epidemiology (2020) has recently validated smoking as a modifiable lifestyle risk factor because of the many associations with chronic disease and premature aging. Heavy smoking has the strongest association with the risk of experiencing at least one chronic disease in both men and women at early ages, 25 for men and 20 for women (Ryan et al., 2020). Smoking is a modifiable risk factor that the user has a choice to control which is associated with not only developing a chronic disease but also associated with skin aging as well.

Both light and heavy cigarette smoking diseases include Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD), lung cancer, and Type 2 Diabetes Mellitus. Many smokers understand that the risk of having lung disease, heart disease and Cancer risks increase with smoking, but few understand that the possibility of getting Type 2 Diabetes is even a concern.

Diabetes is a disease that causes blood sugar levels in the body to be too high. The chemicals from cigarette smoke combine with oxygen in the body which damages cells. Evidence reveals that smoking is associated with a higher risk of belly fat. Abdominal fat causes more stress hormone (cortisol) to be released which increases blood sugar. Smokers tend to have more cortisol than nonsmokers. Cortisol and high blood sugar lead to a host of other serious health problems like heart and kidney disease, eye diseases that can cause blindness (retinopathy), poor blood flow in legs and feet which can lead to foot infections, and damaged nerves in both the arms and the legs that can cause numbness, pain, weakness, and poor coordination.

Lastly, aging of the skin is something that happens to both light and heavy smokers. A smoker's face is characterized by gray skin (smoker's melanosis) and deep wrinkles (smoker's wrinkle). The chemicals in cigarette smoke cause genes in DNA called matrix metalloproteinases (MMP) to increase early. What exactly does this mean? This means that the skin's collagen, elastic fibers, and proteins found in the skin do not regenerate at a normal level thus causing their breakdown of them to occur much quicker. This means that the skin of smokers begins to prematurely age.

Natural aging happens whether one smokes or not, however, the data strongly suggests that adding these preventable premature agers to one's life encourages not only premature aging but increases the potential for chronic illness and disease at an early age. Quitting smoking is a great lifestyle health option. The benefits of quitting occur right away. Make your plans to quit today.

Morita, A., (2007). Tobacco smoke causes premature skin aging. Journal of Dermatological Science. 48(3): 157-24. <https://doi.org/10.1016/j.jdermsci.2007.06.015> Ng., R., Sutradhar, R., Yao, Z., Wodchis, W. and Rosella, L. (2020). Smoking, drinking, diet and physical activity-modifiable lifestyle risk factors and their associations with age to first chronic disease. International Journal of Epidemiology. 49 (1) 113-130. <https://doi.org/10.1093/ije/dyz078>

Age Naturally - Quit Nicotine Today

Plan your quit. Use the resources below to help you find motivation and confidence that you need so you can quit smoking or vaping for good.

Websites

- Quit Tobacco - UCanQuit2: (UCanQuit2): <https://www.tricare.mil/HealthWellness/Tobacco/UCanQuit2>
- TRICARE's Tobacco Cessation: <https://tricare.mil/HealthWellness/Tobacco>.
- Smokefree.gov: (Smokefree.gov): <https://smokefree.gov/>.
- BeTobaccoFree.gov: <https://betobaccofree.hhs.gov/>.

Mobile Apps

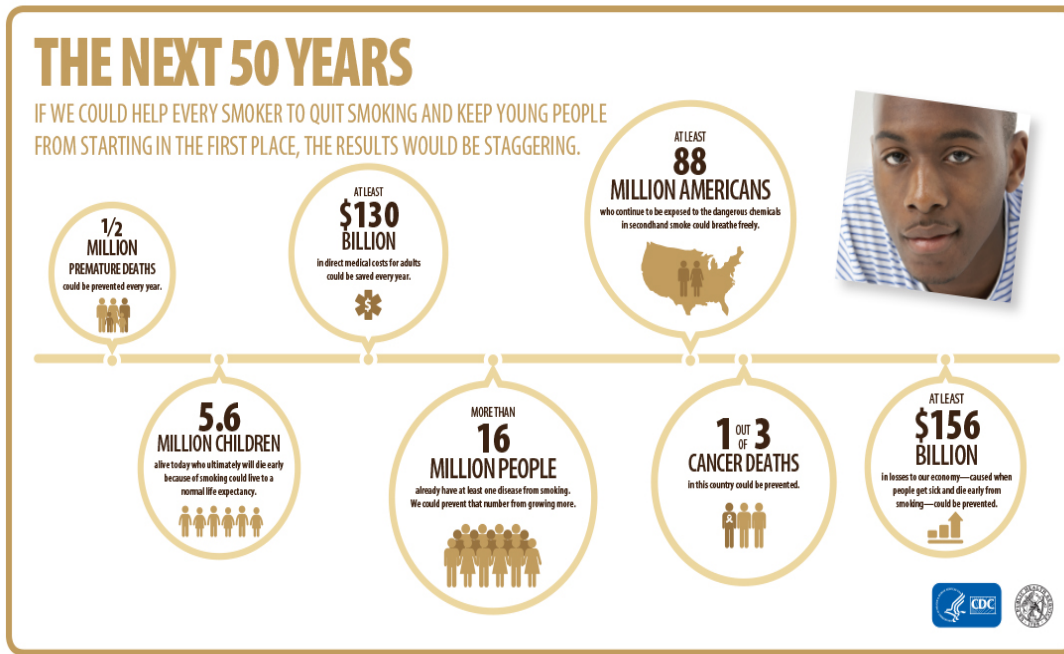
- Stay Quit Coach: <https://mobile.va.gov/app/stay-quit-coach>.
- QuitGuide: <https://smokefree.gov/apps-quitguide>

Free Texting Programs

- SmokefreeMIL: (UCanQuit2) Text MIL to 47848 or visit <https://tricare.mil/HealthWellness/Tobacco/UCanQuit2>
- How-to-Quit/SmokeFreeMIL. SmokefreeTXT: (Smokefree.gov) Text START to 47848 or sign up at <https://smokefree.gov/smokefreetxt>.
- SmokefreeMOM: (Women.Smokefree.gov) Text MOM to 222888 or sign up at <https://smokefree.gov/smokefreemom>.
- DipfreeTXT: (Smokefree.gov) Text SPIT to 333888 or sign up at <https://smokefree.gov/become-smokefree/dipfreetxt-signup>



A Personal Message From Your Health Promotion Team



IF YOU ARE A SMOKER AND YOU WANT TO QUIT
FREE HELP IS AVAILABLE

—AT—
1-800-QUIT-NOW
(1-800-784-8669)
—AND AT—
SMOKEFREE.GOV

Logos: CDC, Air Force Health Promotion

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



@AF_HealthPromotion_HQ



@AirForce_HP



Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday