

# Bone and Joint Health and Smoking: The Facts



Smoking can increase your risk for rheumatoid arthritis and osteoporosis. Quitting smoking is a crucial part of maintaining healthy strong bones.

<b>Osteoporosis</b>	<b>Rheumatoid Arthritis (RA)</b>	<b>Osteoarthritis (OA)</b>
<p><b>What is it?</b></p> <p>Osteoporosis causes bones to weaken and increases the likelihood of fractures, which can result in pain or disability.</p>	<p><b>What is it?</b></p> <p>RA involves inflammation in the lining of joints leading to decreased range of motion, pain, swelling, and warmth.</p>	<p><b>What is it?</b></p> <p>OA covers more than 100 diseases and conditions affecting joints, surrounding tissue, and connective tissue.</p>
<p><b>What you can do about it:</b></p> <p>It is important to keep your bones strong and healthy in order to decrease the negative effects of osteoporosis. In addition to quitting smoking, exercising and eating right will help keep your bones healthy.</p>	<p><b>What you can do about it:</b></p> <p>The earlier you are diagnosed the better. While there is no cure, you can avoid or delay disability through the many effective treatment methods available today.</p>	<p><b>What you can do about it:</b></p> <p>Many treatments available can relieve pain and help you remain active. Taking steps actively to manage your OA may help you gain control over your symptoms.</p>
<p><b>What does smoking have to do with it?</b></p> <ul style="list-style-type: none"><li>• Smoking increases your risk of developing osteoporosis.</li><li>• Smoking has a detrimental effect on bone density.</li><li>• Smoking cessation is the best way to protect your bones and reduce your risk of developing osteoporosis.</li></ul>	<p><b>What does smoking have to do with it?</b></p> <ul style="list-style-type: none"><li>• Any type of smoking constitutes a significant risk factor for the development of RA.</li><li>• Due to the fact that RA is associated with a poor quality of life and life prognosis, smoking cessation is recommended for current smokers to prevent or reduce the risk of developing RA.</li></ul>	<p><b>What does smoking have to do with it?</b></p> <ul style="list-style-type: none"><li>• Smoking may increase your risk for some types of arthritis</li><li>• Men who have knee OA and smoke have greater cartilage loss and more severe pain than men who do not smoke, according to one study.</li></ul>

For more information on arthritis, visit the Arthritis Foundation website at: [www.arthritis.org](http://www.arthritis.org) or call 1-800-968-3030