



## Lower Back Pain and the Smoking Connection

**Fact:** The average smoker's risk of low back pain is 1.5 to 2.5 times greater than that of a non-smoker.

Smoking has a direct impact on the spine. The discs that separate the vertebrae and act as shock absorbers need oxygen to stay flexible. Smoking greatly reduces the amounts of oxygen your blood can carry to the discs. Over time it all adds up, and oxygen deprived discs start to harden and break down. The results; pinched nerves and pain. \*

To reduce the risk of lower back pain associated with smoking, consider a smoking cessation program.

**For the Health of it!**

\*Journal of the American Medical Association,  
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