

## 2022 National Conference on Tobacco or Health

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### Primary Presenter

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**Biography** Since founding the first physicians' anti-smoking activist organization Doctors Ought to Care (DOC) in 1977, Dr. Blum has given over 2000 invited presentations on tobacco and has published over 100 peer-reviewed articles. As editor of the Medical Journal of Australia and the New York State Journal of Medicine, he produced the first theme issues on the world tobacco pandemic at any journal. In 1988 he received the Surgeon General's Medallion from Dr. C. Everett Koop, who wrote, "Dr. Blum has done more against smoking than anyone." In 2006 Amherst College awarded him an honorary Doctor of Science for his career-long effort to combat the tobacco industry. Since 1998, he has served as Professor of Family Medicine and Director of the Center for the Study of Tobacco and Society (csts.ua.edu), the most comprehensive archive of original documents and ephemera of the tobacco industry and the anti-smoking movement throughout the past century.

**Have you ever been employed by or received any funding from the tobacco industry (including manufacturers of tobacco products, the Tobacco Institute, law firms, or other interests representing tobacco companies to conduct research or provide consultation), the pharmaceutical industry (including producers of smoking cessation products), or another for-profit healthcare company that sells products or conducts research relevant to tobacco control policies (including e-cigarette manufacturers or marketing companies)?:** I have not received any funding from these entities.

**Please provide additional detail explaining the funding received and your relationship with the entity. If your abstract is accepted, you will be required to complete and sign a disclosure of conflicts of interest form providing this detail and more of these relationships.:**

### Co-Presenter 1

**Registrant ID** 7074213  
**First Name:** Joshua  
**Last Name:** Kelley  
**Credentials/Degrees:** High School Diploma  
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**Title:** Catherine J. Randall Research Scholar  
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**Bio** Joshua Kelley is in his junior year at the University of Alabama, where he is a member of the Randall Research Scholars Program.

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## Co-Presenter 2

**Registrant ID** 7074338

**First Name:** Saunjoo

**Last Name:** Yoon

**Credentials/Degrees:** PhD,RN

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**Title:** Associate Professor

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**Bio** Dr. Yoon teaches clinical and didactic nursing courses for undergraduate and accelerated nursing students at the University of Florida College of Nursing. She also mentors doctoral students. Dr. Yoon's research areas include palliative care, oncology, symptom management, and complementary therapies. Dr. Yoon focuses on symptom management of adult cancer populations, with particular interest in managing symptoms using complementary therapies to improve patient outcomes and quality of life after treatment. She has completed studies on the use of dietary supplements to manage chronic pain and a feasibility study to improve appetite and slow weight loss among adults with cancers of the GI tract. Other areas of interest include symptom management of chronic conditions such as sickle cell disease, irritable bowel syndrome and ovarian cancer. Her many honors include the University of Florida Health Cancer Center Celebration of Excellence Award and the University of Florida Research Foundation Professorship Award.

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## Session Information

**Poster Session:**

**Panel Presentation (75 minutes):** Yes

**Individual Presentation (20 minutes):** Yes

**Session Title:** What haven't we been teaching the public about the effects of cigarette smoking?

**Session Abstract:** please provide a brief (500 words or less) description of this proposed session. Please note that if your abstract is accepted this description may be published in meeting materials as is, or may be

**edited for clarity or brevity.:** Although virtually all physicians and patients alike know that cigarette smoking is the leading avoidable cause of lung cancer, heart disease, and emphysema, smoking's adverse effects on the musculoskeletal system are not generally appreciated by health professionals, employers, or the public at large. Cigarette smoking damages bone, cartilage, muscle, soft tissue, and the intervertebral discs. Back pain is the fourth most common condition for which men and women seek medical attention, and cigarette smoking has a debilitating impact on the back. Yet this information is seldom included in teaching medical students strategies for educating patients about smoking. This illustrated presentation summarizes the studies on the impact of cigarette smoking on components of the musculoskeletal system and explains the physiologic mechanisms that are believed responsible for these adverse health effects. Using the online database PubMed, we identified and reviewed articles on the impact of cigarette smoking on the musculoskeletal system. The most comprehensive review of this subject, authored by AL-Bashaireh, Haddad, Yoon and colleagues in 2018 in the Journal of Environmental and Public Health, cites 258 references. Key findings include the following: Cigarette smoking increases the lifetime risk of osteoporosis, lumbar disk degeneration, musculoskeletal pain, the intensity of pain, and impairment of bone and wound healing. Smoking has been linked not only with increased back pain but also decreased muscular strength. It can decrease bone mineral density, which increases the risk of fractures. Muscles and soft tissue are deprived of oxygen due to the hydrogen cyanide and carbon monoxide in cigarette smoke. Nicotine damages the intervertebral discs. Smoking also causes peripheral artery disease, increasing the risk of amputation of toes and lower limbs. Bones are a common site of lung cancer metastasis. The goal of this project has been to produce a presentation for medical students and a handout for health professionals to discuss and give to their patients.

**Supporting session documentation (OPTIONAL): If you have additional documentation that you believe is critical for reviewers to have in order to evaluate your submission (i.e. journal article, poster design), you may choose to upload that document here. (Word, PDF, .jpeg, or Excel files may be**

**uploaded.:** 305414-2-80782-975884eb-1ec7-4747-8162-80e43eeabed5.docx

**Learning Objective #1:** As a result of attending this presentation, participants will be able to list three adverse health effects of smoking on bones.

**Learning Objective #2:** Participants will be able to describe the pathologic process by which smoking can cause intervertebral disc degeneration.

**Learning Objective #3:** Participants will be able to describe the pathologic process by which smoking impedes the healing of soft tissue wounds.