

# NEUROSURGICAL CONSULTANTS, INC.

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CRANIAL SURGERY  
MICRONEUROSURGERY  
SPINAL INSTRUMENTATION

## SMOKING CESSATION

As you know, you indicated in your Social History that you are a smoker or are around smokers (thus a second hand smoker). Everyone knows that smoking has been linked to cancer and other health risks. For every person who dies from a smoking related illness, there are 20 people with chronic smoking related illnesses. These illnesses have also been associated with second hand smoking.

Lung cancer and heart disease have been linked to smoking. Also, smoking has a deleterious effect on other organs and systems in the body. With respect to Neurosurgery, smoking causes **high blood pressure and vascular** disease that can cause **stroke** and **death** from **brain infarcts**. Other lung problems associated with smoking include **asthma**, **bronchitis** and **emphysema**, can complicate **anesthesia and recovery** for our neurosurgical patients.

Of particular concern for our spine patients, smoking can interfere with the health of the skeletal system leading to **problems with bone healing** after spinal fusion surgery; **osteoporosis** and **spinal fracture** have been associated with smoking.

Therefore, smoking affects many different parts of your body and your smoking history is vitally important to any issue being treated by the doctors of **Neurosurgical Consultants, Inc.** You are advised to discuss your smoking history and risks with your PCP and initiate a smoking cessation program as soon as possible. You should stop smoking before your spinal surgery. Please be aware that nicotine interferes with bone healing. Although, a nicotine patch or nicotine gum may help with smoking cessation, they do not negate the concerns for bone healing following spine surgery. Therefore, new treatments, such as Chantix, counseling, and antidepressants should be discussed with your PCP.

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### Smoking affects:

1. Stained teeth, fingers, and hair
2. Increased frequency of colds, particularly chest colds and bronchitis
3. Asthma
4. Neuralgia
5. Gastrointestinal difficulties, constipation, diarrhea, and colitis
6. Headaches
7. Nausea
8. Convulsions

9. Leukoplakia (smoker's patch)
10. Insomnia
11. Heart murmur
12. Buerger's disease (inflammation of blood vessel linings)
13. Shortness of breath
14. Arthritis
15. Smoker's hack
16. Nervousness
17. Wrinkles and premature aging
18. Tension
19. Gastric, duodenal, and peptic ulcers
20. Lung cancer
21. Cancer of the lip, tongue, pharynx, larynx, and bladder
22. Emphysema
23. High blood pressure
24. Heart disease
25. Atherosclerosis & arteriosclerosis (thickening and loss of elasticity of the blood vessels with lessened blood flow)
26. Inflammation of the sinus passages
27. Tobacco angina (nicotine angina pectoris)
28. Pneumonia
29. Influenza
30. Pulmonary tuberculosis
31. Tobacco amblyopia
32. Impaired hearing
33. Decreased sexual activity
34. Mental depression