



EFFECTS OF SMOKING ON SOLDIERS READINESS

TASK: Teach your element the negative effects of smoking on Soldier readiness and the benefits of quitting.

CONDITIONS: Discussion – Question based

STANDARDS: Understand effects of smoking and benefits of quitting .

REFERENCE(S):

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3011956/>



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Effects of Smoking on Oxygen Delivery:

- *High levels of carbon monoxide*
 - Reduces the amount of oxygen absorbed into blood
 - Reduces the amount of oxygen released into the muscles
 - Can produce *distortions of time perception*
 - Can impair *hand-eye coordination, visual acuity & night vision*
 - Can negatively effect *cognitive skill/reasoning*
- *Increased airway resistance*
 - Within seconds, causes two to three-fold increase in airway resistance
 - Chronic use causes swelling of the mucous membranes
 - Tar coats the bronchial tubes and lungs, *increasing phlegm & coughing*
- *Nicotine is a stimulant*
 - Increases heart rate and blood pressure
 - Negatively affects *circulation, decreasing bloodflow throughout the body*
 - *More susceptible to cold weather injuries*



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Effects of Smoking on Physical Activity:

- *Smoking reduces physical endurance*
 - *Increases fatigue* during and after exercise
 - New smokers (x5dys) had 8% decrease in exercise endurance
 - Smokers are less likely to participate in regular exercise (study results)
- *Impedes the improvement in physical performance*
 - Decreases up to 10% the potential improvements in maximal oxygen uptake (VO2Max) with exercise training
 - Smokers suffer shortness of breath three times as often as non-smokers



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Is it too late? Am I doomed? The answer is 'NO'. Fortunately, many of the effects of smoking can be reversed:

20mins after quitting: heart rate and blood pressure drops

12hrs after quitting: oxygen levels in your blood return to normal

2wks-3mos after quitting: circulation and lung function improves

1-9mos after quitting: coughing and shortness of breath decreases

1yr after quitting: risk of coronary heart disease is $\frac{1}{2}$ that of a smoker's

5-15yrs after quitting: stroke risk is reduced to that of a non-smoker

10yrs after quitting: lung cancer rate is $\frac{1}{2}$ of a continuing smoker

15yrs after quitting: risk of coronary heart disease is that of a non-smoker