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
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 ½ 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 ½ of a continuing smoker

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