Flex Therapist CEUs

Intervertebral Disk Degeneration and Smoking

1. Smoking causes which of the following, leading to IVD malnutrition?

A. Carboxy-hemoglobin production, blocking oxygen transport in plasma.
B. Vasoconstriction, decreasing the lumen of the vessels and reduces blood flow.
C. Atheroma, increasing the thickness of arterial walls, thus decreasing blood flow.
D. All of the above.

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2. All of the following are true with regard to nicotine-mediated down-regulation of disc cell anabolism, except for:

A. It mostly affects the external regions of the disc, causing a loss up to 35% and 20% of the normal physiological content of GAGs at the CEP and AF, respectively.
B. The detrimental effect of nicotine on disc cell anabolism is dose-dependent.
C. The detrimental effect of nicotine starts to manifest when the concentration of this molecule gets higher than 100 nM.
D. All of the above are true.

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3. The overall effect of tobacco-smoking was a reduction of cell density in which regions?

A. CEP, AF, and NP
B. AF and NP
C. CEP and AF
D. NP and CEP

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4. An association between quitting smoking and a mitigation of low back pain has been reported, which is ascribed to a restoration of the nicotine-degenerated disc.

A. True
B. False

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5. Therapies based on cell injection may constitute a viable strategy for improving the homeostasis of a tobacco smoke degenerated IVD.

A. True
B. False
