

## A Note on Impact of Smoking on Lungs Diseases

Stephan Bandelow\*

Department of Sports, Exercise and Health Sciences, Loughborough University, UK

### Opinion

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#### \*For Correspondence

Stephan Bandelow, Department of Sports, Exercise and Health Sciences, Loughborough University, UK.

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### DESCRIPTION

Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces smokers' overall health. Quitting smoking reduces your risk of smoking-related diseases and can extend your life.

#### Smoking and death

Cigarette smoking is the leading preventable cause of death in the United States. Cigarette smoking kills over 480,000 people in the United States each year. This equates to nearly one in every five deaths. Every year, smoking kills more people than the following causes combined:

- The Human Immunodeficiency Virus (HIV) (HIV)
- Use of illegal drugs
- Use of alcoholic beverages
- Injuries caused by motor vehicles
- Incidents involving firearms

More than ten times as many Americans have died prematurely as a result of cigarette smoking as have died in all of the United States' wars combined. Smoking is responsible for approximately 90% (or 9 out of 10) of all lung cancer deaths. Every year, lung cancer kills more women than breast cancer. Smoking is responsible for approximately 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD). Cigarette smoking raises the risk of death from any cause in both men and women. In the United States, the risk of dying from cigarette smoking has increased over the last 50 years.

#### Cigarette smoking and increased health risks

Smokers are more likely to develop heart disease, stroke, and lung cancer than non-smokers<sup>[1-5]</sup>. According to estimates, smoking increases the risk of coronary heart disease by 2 to 4 times. Men are 25 times more likely than women to develop lung cancer. Women are 25.7 times more likely than men to develop lung cancer. Smoking has been linked to poor overall health, increased absenteeism from work, and increased health-care utilisation and cost.

#### Smoking and respiratory disease

Smoking can damage your airways and the small air sacs (alveoli) in your lungs, causing lung disease. COPD, which includes emphysema and chronic bronchitis, is one of the lung diseases caused by smoking. The majority of lung cancer cases are caused by cigarette smoking. If you have asthma, tobacco smoke can cause an attack or aggravate an existing one. Smokers are 12 to 13 times more likely than non-smokers to die from COPD.

#### Smoking and other health risks

Tobacco use harms nearly every organ of the body and has a negative impact on a person's overall health. Smoking can make it more difficult for a woman to conceive. It can also have an impact on her baby's health both before and after birth. Tobacco use raises the chances of:

- Premature (early) birth

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- Stillbirth (death of the baby before birth)
- Birth weight is too light
- The syndrome of unexpected infant death (known as SIDS or crib death)
- Ectopic pregnancy
- Infants with orofacial clefts

Smoking increases your chances of developing cataracts (clouding of the eye's lens, which makes it difficult to see). It is also capable of causing age-related macular degeneration (AMD). AMD is caused by damage to a small area near the centre of the retina, which is the part of the eye required for central vision. Tobacco use is a cause of type 2 diabetes mellitus and can make it difficult to control. Active smokers have a 30–40% higher risk of developing diabetes than non-smokers. Smoking has a wide range of negative effects on the body, including inflammation and lowered immune function. Rheumatoid arthritis is caused by smoking.

## CONFLICT OF INTEREST

None.

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