



Libyan International Medical University
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Second year



MOST COMMON DISEASE FROM SMOKING

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INTENDED LEARNING OUTCOMES:

1. Describe the effect of smoking on the body.
2. Explain the most common diseases by smoking.
3. Describe the effect of smoking on male and female
4. Recognize how many people die annually due to cigarette smoking



WHAT IS THE EFFECT OF SMOKING ON THE BODY?

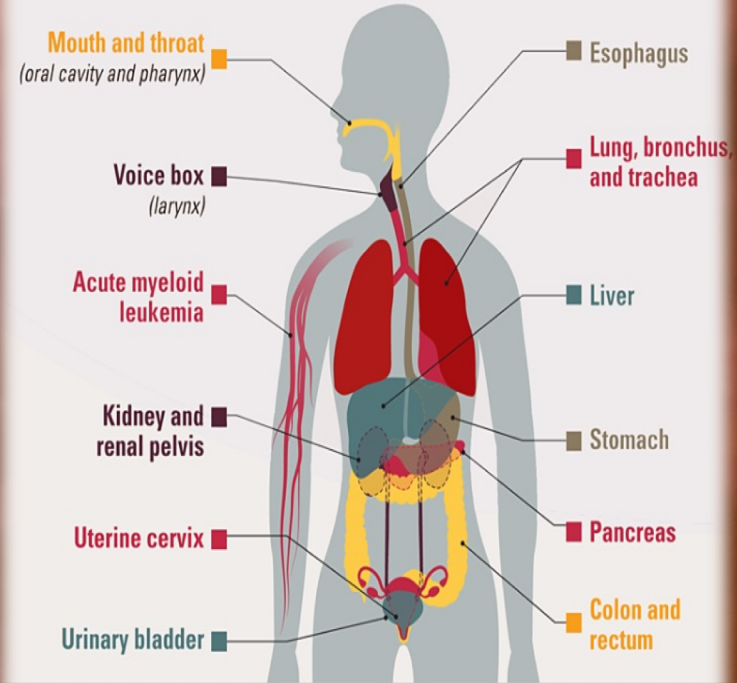
Smoking increases the risk of developing cardiovascular diseases, which includes coronary heart disease and stroke. Smoking damages the lining of your arteries, leading to a buildup of fatty material (atheroma) which narrows the artery. The carbon monoxide in tobacco smoke reduces the amount of oxygen in your blood.



WHAT ARE THE MOST COMMON DISEASES CAUSED BY SMOKING?

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis

Tobacco use* causes cancer throughout the body.



* Tobacco use includes smoked (cigarettes and cigars) and smokeless (snuff and chewing tobacco) tobacco products that, to date, have been shown to cause cancer.

1. LUNG CANCER:

More people die from lung cancer than any other type of cancer. Cigarette smoking is the number one risk factor for lung cancer; it's responsible for 87 percent of lung cancer deaths. Your chance of still being alive five years after being diagnosed is less than 1 in 5.

2. COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE):

COPD is an obstructive lung disease that makes it hard to breathe. It causes serious long-term disability and early death. About 80 percent of all COPD is caused by cigarette smoking. COPD is the fourth leading cause of death in the United States.

3. HEART DISEASE:

Smoking harms nearly every organ in your body, including your heart. Smoking can cause blockages and narrowing in your arteries, which means less blood and oxygen flow to your heart. When cigarette consumption in the U.S. decreased, so did the rates of heart disease. Yet, heart disease remains the number one cause of death in the U.S.

4. STROKE:

Because smoking affects your arteries, it can trigger stroke. A stroke happens when the blood supply to your brain is temporarily blocked. Brain cells are deprived of oxygen and start to die. A stroke can cause paralysis, slurred speech, altered brain function and death. Stroke is the fifth leading cause of death in the United States and a leading cause of adult disability.

5. DIABETES:

The risk of developing type 2 diabetes is 30 to 40 percent higher for smokers than non-smokers. Additionally, smoking increases the risk of complications once diagnosed with diabetes, such as heart and kidney disease, poor blood flow to legs and feet (which leads to infections and possible amputation), blindness and nerve damage.

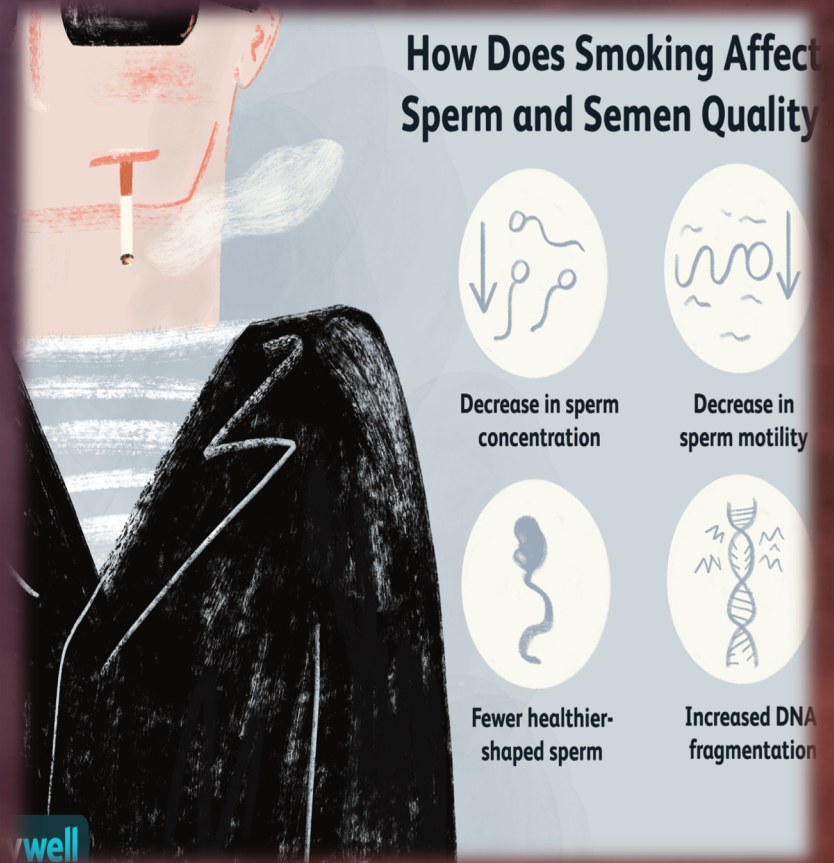
6. REPRODUCTIVE EFFECTS IN WOMEN:

Smoking can cause ectopic pregnancy in women, which is when a fertilized egg implants somewhere other than the uterus. The egg can't survive and, if left untreated, can be life-threatening for the mother. Smoking also causes reduced fertility, meaning it makes it more difficult to get pregnant.

WHAT IS EFFECT OF SMOKING ON MALE AND FEMALE?

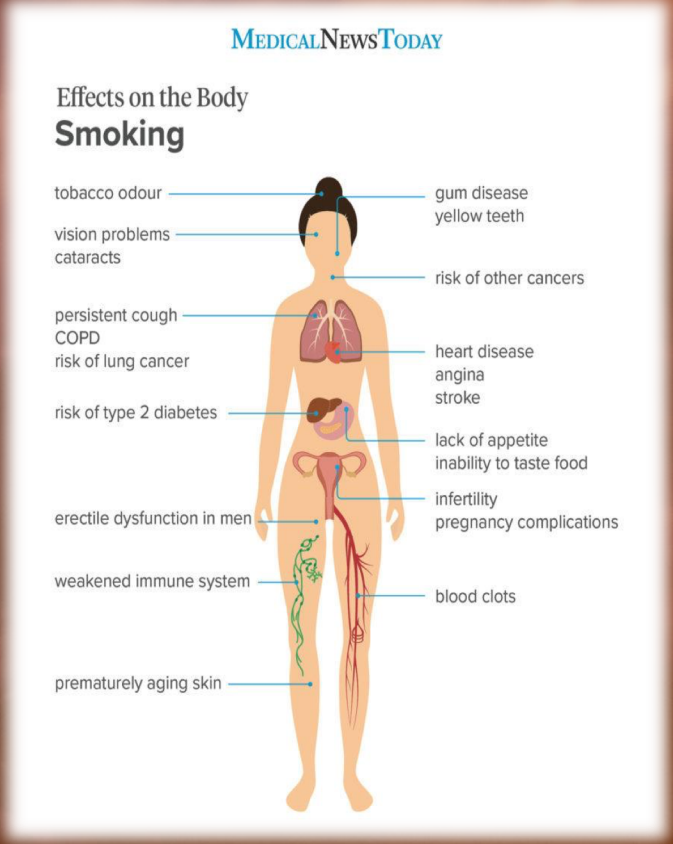
MALE:

Men who smoke have decreased sperm concentration, decreased motility (how sperm swim), fewer normally shaped sperm, and increased sperm DNA damage.



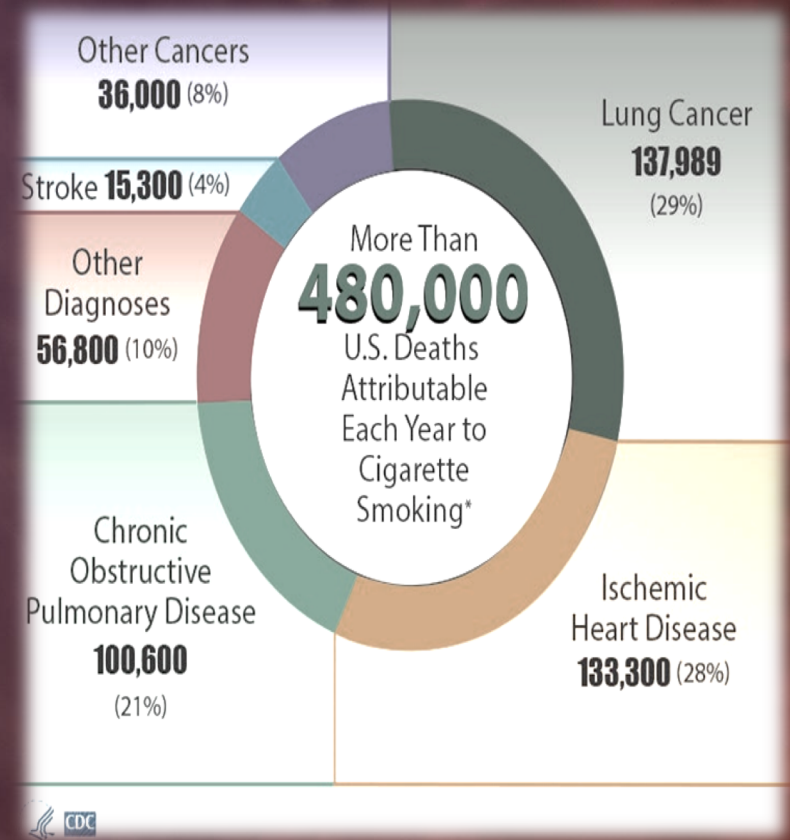
FEMALE:

Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight and sudden infant death syndrome (SIDS). Women smokers often have symptoms of menopause about three years earlier than nonsmokers.



HOW MANY PEOPLE DIE ANNUALLY DUE TO CIGARETTE SMOKING?

Smoking is the direct cause of one of every five deaths. That translates to roughly 480,000 deaths annually, 1,300 smoking-related deaths per day, 54 deaths per hour, or almost one death per minute. Every cigarette you smoke cuts five to 11 minutes from your life.

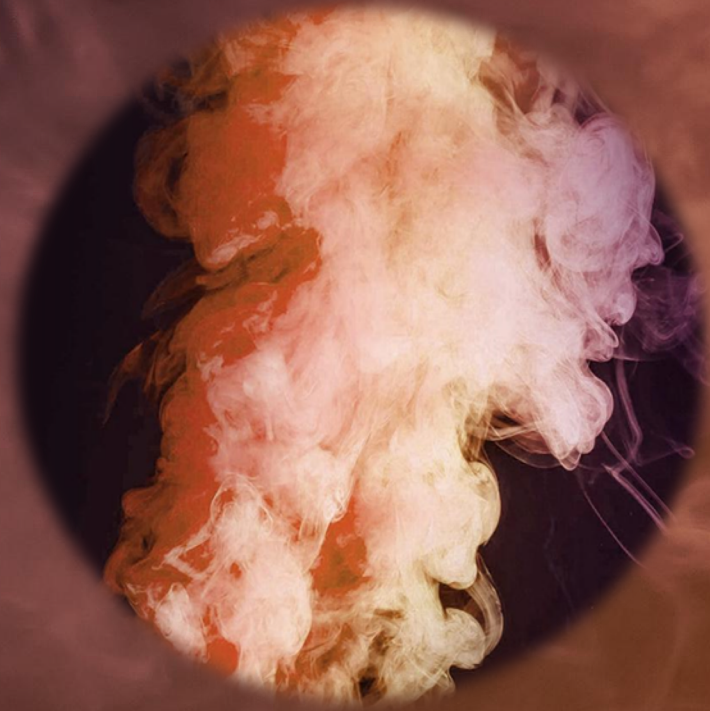


SUMMARY

Smoking increases the risk of cardiovascular disease, causes damage to the lining, arterial lining, reduces oxygen in the body, and the common diseases caused by smoking causes lung cancer, heart disease, and chronic lung disease. The effect of smoking on male is that it causes a decrease in the concentration of sperms, increased DNA damage, and in women, it has a negative effects on childbearing, premature labor, low birth weight. Annually, 480,000 people die due to smoking and it reduces your life from 5 to 11 minutes.

❑ REFERENCE:

- ❑ <http://www.bhf.org.uk/heart-health/risk-factors/smoking>.
- ❑ https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm.
- ❑ <https://www.verywellfamily.com/male-fertility-and-smoking-1960256>.
- ❑ <https://www.nationaljewish.org/conditions/health-information/smoking-and-tobacco-use/health/women-and-smoking>.
- ❑ <https://www.verywellmind.com/global-smoking-statistics-2824393#:~:text=Smoking%20is%20the%20direct%20cause%20of%20one%20of,cuts%20five%20to%2011%20minutes%20from%20your%20life>.
- ❑ <https://www.lung.org/research/sotc/by-the-numbers/10-worst-diseases-smoking-causes>.



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