



>INFOCUS

SMOKING *and your lungs*

Do you smoke?

Have you considered how smoking affects your body? Have you considered how smoking affects your lungs? Most people know smoking is bad for them. Most people know smoking is the leading cause of lung cancer and emphysema. But what most people don't know is just how hard smoking is on a person's lungs.

The Price of Smoking

Cigarettes, in addition to having a negative impact on one's wallet, exact a high price from a person's health. Cigarette smoking causes most cases of lung cancer, but the habit is also responsible for a large number of other diseases, including cancer of the oral cavity, pharynx, larynx, esophagus, bladder, stomach, cervix, kidney and pancreas. Thirty percent of all types of cancer are directly related to smoking.

And then there's emphysema, a disease that slowly suffocates a smoker over time, decreasing the lungs ability to exchange oxygen and carbon dioxide.

Every time a person inhales cigarette smoke, they are pumping more than 7,000 chemicals into their lungs. Is it any wonder lung cancer is the leading cause of cancer death and smoking causes 80%-90% of lung cancer?



RESOURCES

Center for Disease Control
<http://www.cdc.gov/tobacco>

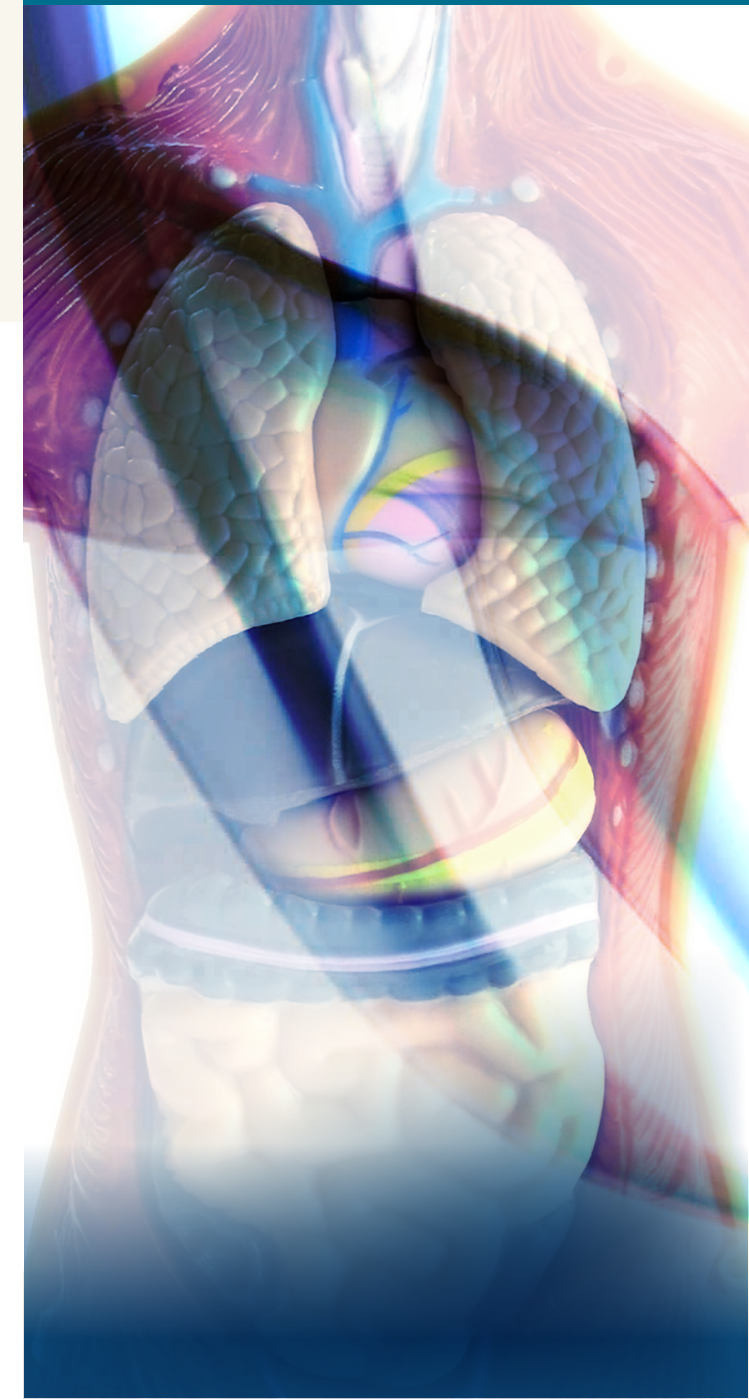
Telephone:
1-800-QUIT-NOW (1-800-784-8669)
1-855-DÉJELO-YA (1-855-335-3569) (Español)

Text:
Text QUITNOW to 333888
Texto DÉJELOYA al 333888 (Español)

App:
Download the quitSTART app

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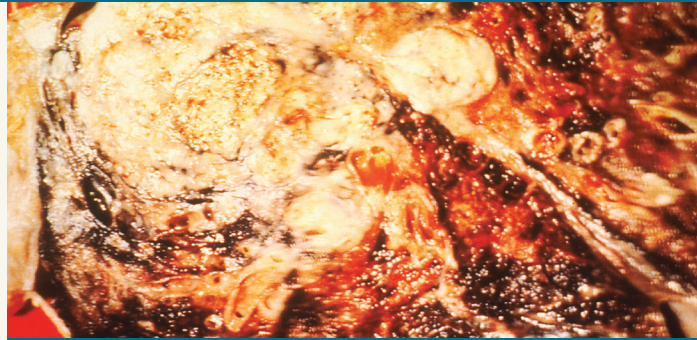


Taking Aim at the Lungs

Cigarette smoking puts a bullseye target on the lungs, and over time causes many changes in the lungs and airways. With each inhale, poisonous tars and other chemicals are flooded into the lungs' sensitive passages, tissues and air sacs, or alveoli. Alveoli transfer oxygen into the bloodstream and remove carbon dioxide. Every cigarette smoked causes destruction to the alveoli. Once an alveoli is destroyed, it's permanent – they don't grow back. Continuous smoking causes inflammation and irritation, which results in narrowed air passageways and reduced airflow. As more damage is done, the lungs become less effective.

Increased Mucus and Decreased Cilia

The tar and other chemicals (some of which are cancer causing) within tobacco smoke coat the mucous membrane lining of the lungs. **Cilia**, tiny hair-like structures that assist in cleaning, are paralyzed by smoke, allowing even more tar to buildup. This toxic buildup of tar causes chemical changes to the cells of the mucus lining. Over time, the number of cells increase which results in increased mucus. Repeated smoking causes permanent damage to the cilia, further reducing the lungs' ability to get rid of mucus. This excess mucus is the cause of the frequent "smoker's cough" and explains why smokers are more likely to get lung infections.



Cancerous Lung

Lung Cancer

The cancer-causing chemicals in the tar deposits of cigarette smoke begin to change normal cells into mutated cells. Mucus cells start to flatten out, stack up on one another, and then begin to grow inward. In many individuals, this process leads to cancer of the lung, which then spreads to include the surrounding lung structure, the lymphatic system, and blood vessels. When cancerous cells enter into the bloodstream, they are distributed all over the body, where they grow into metastatic tumors. Only 3% of people with lung cancer that has spread to distant parts of the body are alive five years after diagnosis.

Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) is a leading cause of death in this country. More than 70% of COPD is smoking related and smoking accounts for nearly 80% of all COPD deaths. Basically, COPD restricts the flow of air into and out of the lungs, which results in two diseases: Chronic Bronchitis and Emphysema.

Chronic Bronchitis

Chronic bronchitis is an inflammation of the bronchial tubes, or airways in the lungs. Because smoking causes irritation to the airways, a thick mucus forms and blocks the airways, making it difficult to get fresh air in and stale air out. All of this mucus leads to frequent, long-lasting periods of coughing and spitting, shortness of breath, and a feeling of tightness in the chest. Over time, the cough becomes more persistent and normal activities, such as bathing or getting dressed, may cause shortness of breath.

Emphysema

Emphysema is disease marked by the permanent damage of the airways in the lungs. As mucus increases, the tiny airways of the bronchial tree become clogged. Air is able to enter the air sacs, or alveoli, but it has difficulty exiting. This causes the air sacs to extend, or blow up like balloons. Over time, the air sacs burst, leading to larger and larger areas of balloon-like sacs, also known as blebs. The remaining damaged alveoli tissue turns into stringy shreds and the lungs fill with large, useless cavities. As the disease progresses, the lungs lose their ability to absorb oxygen and dismiss carbon dioxide.

The first signs of **emphysema** are shortness of breath during physical activity. Over time, this shortness of breath occurs even when a person is resting. It is usually accompanied by a persistent, constant cough and a grey/blue tint to the skin because of a lack of oxygen. Many people affected with this disease lose weight, because the increased pressure of a full stomach pressing against their lungs makes it difficult to breathe.

There is no cure for emphysema and its effects are irreversible. By the time symptoms occur, the disease is usually already in an advanced state. There are treatments that can temporarily relieve the severity of the symptoms.



Healthy Lung

Smoker's Lung



Emphysemic Lung

With emphysema comes heart trouble. Because of reduced oxygen in the blood, the heart has to pump more blood and becomes overworked in a condition called **congestive heart failure**. Emphysema also leads to increased lung infections because of the inability of the lungs to remove excess mucus. Most emphysema related deaths are from heart failure and pneumonia.

Quit or Don't Start

If you currently smoke, you should quit. The body starts repairing itself the moment you stop. Within seconds, you stop doing damage to your lungs. Within hours, blood oxygen levels will increase. Within days, damaged nerve endings are repaired, improving taste and smell. Within weeks, the addictive hold of cigarettes will be gone. Within months, the risk of a heart attack decreases. Within five years the risk of having a stroke is that of a non-smoker. Within ten years, chances of death from lung cancer are cut in half.

There are many resources available to help you kick the habit. See the back panel of this pamphlet for more information. Many ex-smokers tried several times before they were finally successful. The best thing you can do to ensure your success is to seek help from friends, family, and professionals. Don't give up!

Live Smart. Live Long. Live Tobacco Free.