

# Summary of Smoking and Respiratory Diseases

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## Smoking and respiratory illnesses facts

The Centres for Disease Control and Prevention (CDC) estimates that smoking-related illnesses kill over 480,000 individuals in the United States each year. In reality, smoking is directly responsible for about 90% of lung cancer and COPD fatalities in the United States. Despite anti-smoking programmes and health warnings, many individuals smoke or start smoking each year. Approximately 8% of children under the age of 18 are active smokers [1].

### What are the dangers of smoking?

Smokers are more likely to develop lung diseases, including lung cancer. They do, however, raise their chance of developing other diseases such as heart disease, stroke, and mouth (oral) cancer. Some of the risks associated with smoking and lung illness include:

COPD stands for chronic obstructive pulmonary disease (COPD). This includes the following:

**Bronchitis with a lengthy history of occurrence:** This is an inflammation of the major airways that has been present for a long time (chronic) (bronchi). One of the symptoms is coughing up mucus for a lengthy period of time.

**Emphysema:** This chronic lung disease affects the air sacs (alveoli) in the lungs [2].

**Cancer of the lungs:** This is a sort of abnormal cell growth that can result in lumps, masses, and tumours. It might start in the bronchial lining or elsewhere in the respiratory system. Lung cancer is caused mostly by smoking, particularly second-hand smoke.

### Lung cancer symptoms include:

- Cough
- Pain in the chest
- Breathing problems
- Wheezing
- Lung infections that recur.
- Sputum that is bloody or rusty in hue.
- Hoarseness
- Inflammation of the neck and face
- Injuries to the shoulders, arms, or hands can cause pain and paralysis.
- Fever with no known cause.
- Other types of cancer Smoking increases the risk of lung and oral cancer.

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**Received** 02 November 2021; **Accepted** 16 November 2021; **Published** 23 November 2021

## What is the hazard of second-hand smoke?

Smoke breathed by smokers and smoke produced from the burning end of a lighted cigarette, cigar, or pipe are both considered second-hand smoke. Non-smokers die from lung cancer at a rate of more than 7,000 each year. It can also result in lung and cardiac problems. Second-hand smoke exposure can cause the following symptoms:

Eye, nose, and throat irritation

- Coughing
- Mucus in the airways is excessive.
- Pain or discomfort in the chest
- Second-hand smoke's dangers

Smokers' exhaled smoke is known as second-hand smoke [3]. It can also be smoke from a cigarette, cigar, or pipe that has been lit. Non-smokers die from lung cancer at a rate of more than 7,000 each year. In addition, it results in 41,000 more fatalities per year. It can also result in lung and cardiac problems. Second-hand smoking can cause a variety of symptoms, including: Irritation of the eyes, nose, and throat

## The respiratory system's defences

The respiratory tract, being exposed to the outside world, has a complex yet complete set of defences against inhaled substances. Large particles of trash are filtered out of the air as it travels through the nose by cilia and mucus released by the mucous membrane lining the nasal canal. The air then flows via the pharynx, which is the last portion of the upper airway, the larynx, which is the first part of the lower airway, and the trachea, which is the last section of the lower airway. The air is further filtered when it travels through cilia and sticky mucus layers in the trachea. Furthermore, lymphatic capillaries in the trachea's wall convey immune system cells like lymphocytes and macrophages that catch and kill foreign particles. Muscle bands that surround the trachea's cartilage serve a crucial function [4,5].

## Symptoms of smoking and respiratory problems

Coughing, phlegm, wheezing, and dyspnoea are common respiratory symptoms in adults, teens, and children who smoke (difficulty breathing and shortness of breath). A variety of acute and chronic respiratory disorders are linked to these symptoms. They might also be a sign of underlying lung illness or damage. Smoking cessation reduces the prevalence of these symptoms in the general population.

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**How to cite this article:** Hang, Xinarc. "Summary of Smoking and Respiratory Diseases." *Clin Respir Dis Care* 7 (2021): 185.