

# Smoking and chronic diseases



لا للتدخين من أجل صحتك و صحة الآخرين

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## Smoking and Chronic Diseases

### 1. Blood Pressure

Smoking leads to an increase cardiac systolic and diastolic, more importantly, that smoking eliminates much of the effect of drugs used to treat high blood pressure.

### 2. Cholesterol

Smoking leads to the decrease of high-density cholesterol levels in the blood. This type of cholesterol is known as benign or protective cholesterol. High level of this type of cholesterol protects arteries of the heart that contribute to the prevention of hardening and narrowing. Smoking leads to a decline in this type of HDL cholesterol by 8% among women smokers, and by 12% in male smokers.

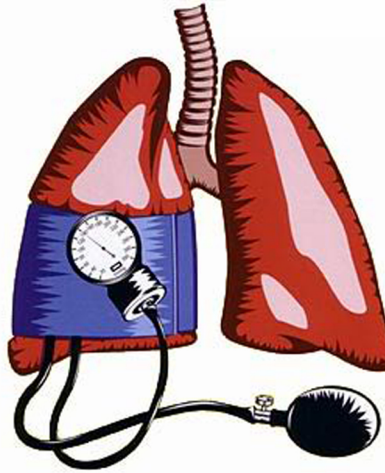
### 3. Relationship of smoking with Diabetes

A number of scientific studies confirmed that there is another factor that may contribute to diabetes namely the entry of toxic components of tobacco to the body through various types of smoking.

It is also found in many studies that the incidence of diabetes increased in smokers compared to non-smokers and in relation this also includes the passive smokers. It has been interpreted that smoking related casualty in diabetes are through:

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- The nicotine and other substances within the components of cigarettes increase the resistance of insulin action at the cellular level
- Stimulate the secretion of hormones, stress hormones that reduce the action of the insulin hormone
- Increase incidence of pancreatic cancer in smokers compared to non-smokers
- The toxins associated with cigarette smoke can affect the pancreas that produce insulin, which regulates blood sugar



### 4. Smoking and Respiratory Tract Diseases

The result of direct or indirect smoking caused respiratory system more susceptible to its effects. The most common effects of smoking is chronic inflammation of the trachea that leads to an increase in secretions of trachea glands and manifests in the form of continuous cough especially at early morning and sometimes the presence of blood in the cough. Studies have shown in adolescent smokers, chronic lung diseases may arise after smoking 5-10 cigarettes a day for a period ranging between one and two years. This type of

inflammation may develop and lead to respiratory failure and lack of oxygen in the blood which affects the functions of all body tissues including the heart and brain as well as chronic obstructive pulmonary disease that occurs when a blockage in the air sacs in the lungs.

Smoking also increases the risk of pneumonia because smoking destroys the immune membranes lining the trachea and their offshoots in the lungs and prevent the occurrence of such infections among non-smokers.

Smoking is the first cause of lung cancer, cancer that is often discovered after it has spread outside the lung which makes the possibility of surgical intervention impossible. The proportion of having cancer increase with the number of cigarettes consumed and duration of smoking and decrease this percentage gradually when you quit smoking which proves a direct relationship between smoking and lung cancer.

