

Effect of Smoking on Present Diseased Conditions Leading to Prevalence of Cancer of Lung, Throat and Mouth at Later Stages of Life of an Adult Man

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ABSTRACT

Tobacco smoke is a toxic mix of more than 7000 chemicals. Many are poisonous. When these chemicals get deep into the body's tissues, they cause damage. Body must fight to heal the damage each time you smoke. Over time, the damage can lead to a disease. From the lungs they go quickly to the blood flow through your arteries. They carry these chemicals to tissues to all parts of the body. Lungs, blood vessels and other tissues become inflamed with every smoke.[7]

The present study was undertaken to study the effect of smoking on the present diseased conditions which could lead to serious health hazards like lung and throat cancer in later stages of their continuing smoking. It was a questionnaire based survey study. The results showed that the respondents already suffered from minor ailments of mouth and pulmonary dysfunction like tooth decay, foul smell, bronchitis due to inhalation of oxides of carbon and nitrogen. These initial stages of minor ailments can be hazardous in future years of life.

1. Introduction

Smoking is not just expensive status symbol but it plays an important part in lowering a person's resistance to immune system thus making him prone to life threatening risk factor like cancers.

The body's respiratory system has well-defined defense system. There are two ciliated cells with tiny hairs that line the respiratory system. The cilia prevent accumulation of inhaled matter in the lungs by transporting the particles away from the lungs. If the ciliated cells are ineffective by smoke or other irritants, cells called macrophages take up, thus engulf and digest hazardous substances. Cigarette smoking reduces the production of these cells producing antibodies thus increasing its susceptibility to infection.

There are different types of poisons like tar in cigarette which attack the delicate membrane of wind pipes thus enter the blood stream and interferes with its normal circulation thus causing lung cancer.

Tar which is a carcinogenic substance known as nicotine in smoke is transferred to the bronchial tubes and the lungs through the smoke and deposited on the mucus membrane lining the tubes causing local irritation and cough. The mucus membrane becomes four to five times thicker in chain smokers which decreases the passage of air in to lungs and makes it harder to breathe. Chronic cough even called cigarette cough is a dangerous signal followed by chest pains, sweats, loss of weight, streaks of blood in cough.[1]

Cigarette smokers have been found to have a 10-15% lower lung function than non-smokers. Certain lung changes, particularly those involving the alveoli, or air cells, appear to be irreversible. Smoking particularly of cigarettes causes changes in the respiratory tract that produce excessive mucus, impaired clearance of mucus, obstruction of smaller airways, swelling and rupture of the lung air cells.

Chronic smoking use predisposes individuals to develop chronic bronchitis and evidence that chronic cannabis smoking may produce histopathological changes in lung tissues of the kind that precede the development of lung cancer.[3]

The presence of potent pulmonary irritants and ciliotoxins in the cigarette smoke lead to increased bronchial mucus secretion and mediate acute and chronic decline in pulmonary function.[2]

The mouth and oral cavity are subject to cancer of tongue, cheek, lining floor of mouth, tonsils, soft and hard palate and pharynx as well as of the lip. Any of the use of tobacco - cigars, chewing of tobacco and snuff increases the risk of cancer of mouth.[5]

Use of tobacco smoking as a consistent behavioral risk factors for poor dental health. [4] Plaque and calculus scores higher in smokers. [5] Exposure to cigarette is a risk factor for tooth loss, coronal and root caries.

Anti - smoking education should begin early in life in schools as well as in the homes. The efforts should center on the immediate health irritants of smoking e.g. cough, bad breath, foul smelling clothes and hair coloring of hands, lips, teeth and virtue of population of environment. The long term serious hazards to health like lung cancer, heart disease, peptic ulcer, respiratory troubles can be mentioned as every smoker who generally wishes to stop will have a real struggle to face to get rid of every vestige of tobacco he possesses.[6]

2. Objectives

- 1) To observe the present diseased conditions of the smokers.
- 2) To study the effect of the present infections leading to prevalence of mouth, throat and lung cancer.

3. Methodology

The method of collecting data for the present study was undertaken through sampling and survey method. The clinical implications and the present infective complications were taken to access the risk of prevalence of mouth, throat and lung cancer.

A sample of a small representation of the large whole i.e. population was undertaken through a representative group of 40 respondents. The selection was internally based on the judgment of the investigator.

Survey method was widely used. A questionnaire was formulated and maintained to record the details of the diseased conditions. The data was analyzed and coded into classes and number. Table was arranged for the tabulation of the objectives of the study.

Statistics used to analyze the responses were percentages assisted the shape of distribution.

4. Results And Discussions

TABLE I – DISTRIBUTION OF RESPONDENTS ACCORDING TO THE TYPE OF DISEASE SUFFERED BY THE RESPONDENTS.

S. NO.	TYPE OF DISEASE	NO. OF RESPONDENTS	PERCENTAGE (%)
1	Cough	8	20
2	Asthma	1	2.5
3	Throat Infection	2	5
4	Cold	2	5

Table I reveals that 20% of the respondents had cough along with their smoking span. 2.5% were already asthmatic. 5% were prone to regular throat infections and common cold. Thus reducing immunity of the body.

TABLE II – DISTRIBUTION OF THE RESPONDENTS ACCORDING TO THE MOUTH AND DENTAL AILMENTS.

S.NO.	INFECTIVE STAGE	NO. OF RESPONDENTS	PERCENTAGE (%)
1	Bad Breath	1	2.5
2	Decay	1	2.5
3	Tooth	1	2.5

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4	Yellow Tooth	1	2.5
5	Cavities	7	17.5

Table II reveals that some respondents had one or the other dental ailments like bad breath, decay or tooth removed and maximum percentage of respondents had cavities which could lead to tooth decay or removal at later stages.

5. Conclusion

Smoking causes serious hazard of health if one persists with this habit. It not only reduces the span of life but makes life more miserable and not worthy of living. Heart diseases, lung cancer, other respiratory diseases are common causes of early and ultimately death due to smoking, besides many day to day health problems faced by the smokers.

Smoking caused definite pulmonary function, impairment among smokers, which included chronic bronchitis and other airway obstructive diseases. High content of oxides of nitrogen in smoke from cigarettes and cigars, after inhalation into the lungs could not be detected in inhaled smoke which causes blocking in air cells of lungs thus leading to pulmonary dysfunction. It could lead to the starting stage of growth of cancer cells.

The mouth and oral cavity are subject to cancer of the lip, tongue, cheek lining, floor of the mouth, tonsils, soft and hard palate, pharynx and larynx as well as oesophagus. By the time these cancers are diagnosed more than 50% spread to the lymph nodes.

It is noted that the deaths caused by smoking from mouth leading to lung bronchitis would not occurred if these nitrogen and carbon oxides chemicals were not inhaled and people were not smokers.

It is a kind of health problem, because it involves self infected injury. Unfortunately many people in the developing countries like India go on smoking till death by suffocation and heart attack and put an end to their life and the habit.