

# Smoking cessation programs and how they reduce lung cancer risks



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In the other parts of the world and especially in the US, however preventable, use of tobacco is identified as the primary reason for deaths due to respiratory diagnosis. Cancers of various kinds, stroke, many heart diseases and chronic obstructive pulmonary disease are the well known consequences of smoking.

However there is an active participation by the volunteers over the worlds into the smoking cessation programs, and people are becoming more concerned although, it is also the case that not every smoker has been able to exploit the advantages of these cessation programs. It is however observed people who suffer any kind of mental disorders; the rate of tobacco use is high among them.

According to a recent survey in the US, more than half of the people who smoke cigarettes have had suffered either any mental illness or substance use disorder (MI/SUD), where substance use disorder (SUD) is a situation where the subject is indulged into excessive use of drugs etc, and it is not surprising to say that smoker who suffer from SUD/MI considerable, and also that, most of these people are usually unacquainted to the potential harms of smoking and are also unconscious of the prohibition assistance that are available and most of them are also reluctant to exploit these services, because they do not correspond to their distinctive requirements. (Tobacco Cessation Leadership Network, p. 1)

#### Disadvantages of Smoking Tobacco contaminant

According to a research, about 100 of the 4000 chemicals found in tobacco, are identified as poisonous, thus injurious to the human health and 63 are <https://assignbuster.com/smoking-cessation-programs-and-how-they-reduce-lung-cancer-risks/>

carcinogens, it is a common perception that Nicotine is the most injurious to human body, but there are others as well namely Ammonia Bromide (a toilet cleaner), Arsenic, Formaldehyde (used to preserve bodies), Cyanide, Carbon monoxide (found in automobile exhaust fumes). (SirGan, p. 1) Effects of Tobacco on Human Health The health issues linked to smoking are not only confined to direct cigarette smoking, but also to breathing of other pollutant smokes and tobacco smoke and indirect or passive smoking. When cigarette or other smokes enter your body, they travel through your body via your blood stream, and thus damage various body parts;

According to modern medical research, there is sufficient evidence to support the fact that use of tobacco through smoking is injurious to human health and causes damage to most sophisticated part of the retina i. e. macula. Resulting in permanent damage, tiny blood vessels can burst through the macula. Furthermore, it is also the case, that smoking causes working damages to the retina along with lens, due to its thrombotic and atherosclerotic effects on the optical capillaries. (SirGan, p. 1) Digestion Problems All of the various types of cancers, which are associated to the gullet, larynx and oral crater, smoking, is the key factor.

It is not surprising to say that smokers have been observed to have 20 to 30 times more, laryngeal cancer death danger, than the non-smokers. (SirGan, p. ) Circulatory System and Heart Problems Two most alarming issues, associated with heat and blood circulation, which are identified as the consequences of smoking are (a) high heartbeat rate, (b) a quick mount in blood pressure. These consequences occur, due to the direct effect of the Nicotine on the blood vessels, this makes the heart to pump blood at a <https://assignbuster.com/smoking-cessation-programs-and-how-they-reduce-lung-cancer-risks/>

higher rate, as Nicotine causes the blood vessels to tighten up. To worsen the situation, the heart is compelled to pump harder, so that the rest of the body is supplied with sufficient amount of oxygen, as it needs to extract oxygen from the lungs, which is filled with the hazardous smokes.

Apart from the consequences already discussed, smoking raises the cholesterol and fibrinogen in the blood, disease such as Peripheral vascular disease (PVD), Coronary heart disease (CHD), Aneurysm and Stroke are caused by smoking. (SirGan, p. 1) The Lungs Another active content of the cigarette, tar, is injurious to the lungs, as it directly damages the particles of the air streams of the lungs, this can quickly initiate the germs of cancers of or lungs or larynx. Emphysema and chronic bronchitis can be initial aftereffects. Factors such as daily and prolonged inhalation of tobacco on regular basis, can strongly contribute to lung cancer. Effects on Brian

Accumulation of fatty materials on the carotid artery, that is the primary source of blood to the brain and surrounding areas, this can be the worst factor to initiate a situation of paralysis. Other hazardous aspects of tobacco smoke are; the blood pressure is raised by Nicotine, the cigarette smoke thickens the blood and raises its ability to clot, carbon monoxide (an active ingredient of cigarette smoke) lessens the capacity of blood to carry oxygen to the Brain. (SirGan, p. 1) Other Effects on the Digestive System the effects of smoking on all parts of the digestive system, have been devastating, disease such as: • Gallstones • Peptic ulcers • Heartburn • Crohn's disease • Stomach cancer Pancreas and Liver.

According to a research, in men nearly half of the kidney and bladder cancers are consequences of smoking. (SirGan, p. 1) Hair and Skin smokers are often faced with skin problems as well, as the substances known as collagen, that enables the elasticity of the skin is directly damaged by the skin. Moreover as nicotine contracts the sophisticated and thin arterioles of the face skin, this is why smokers often get wrinkles on their faces, earlier, as compared to the non-smokers. Not only this, smokers are also faced with the early graying and weakening of hair. Muscles and Bone According to several medical researches, it is proved that the poisonous chemicals of tobacco hinder the maturity of fresh tissues.

This is because the cells and tissues in the body of smokers are not provided with sufficient blood supply, therefore smokers are prone to higher risks of osteoporosis (SirGan, p. 1). Apart from the health perspective smoking is expensive too, as governments try to levy indirect taxes on smoking due to their property of external costs. If you buy a pack of cigarette every day, it can cost you about \$1800 year, however this varies over countries. (SirGan, p. 1) The Risks of passive or second-hand smoking Following are some of the immediate dangers of second-hand smoking • coronary heart disease • lung cancer • asthma in children • lower respiratory tract infections and dangers to pregnancy (SirGan, p. 1).

Reasons for smoking A number of people, when asked that why do they smoke, they turn out to give very absurd replies. It can be observed that their reasoning for smoking is not specific; they only think that smoking is bringing them some kind of qualitative benefits. For example they say that “Smoking is a pleasure” or “ I like to touch cigarettes. Some express that after <https://assignbuster.com/smoking-cessation-programs-and-how-they-reduce-lung-cancer-risks/>

lighting up a cigarette they feel more energetic and it helps me relax. Not only this chain smokers say that we just smoke for no reason, do they even know, at times, and that they are smoking. (National Institutes of Health, National Cancer Institute, p. 1)