Respiratory system addendum on smoking:

Smoking can be deadly.

- A little bit about statistics:

  Yes, there are stories about people that live to a ripe old age and smoke.

  Yes, you can win the lottery.

  - These things are all possible, **BUT**, chances are that if you smoke, you will die between 13 and 14 years earlier than a non-smoker.

- Dangers of smoking:

  - destroy cilia lining the bronchi. In response to irritation, the lungs produce more mucus, but without cilia to sweep it out, it starts clogging the lungs leading to “smokers cough”.

  - kill macrophages in the lungs (thus preventing you from fighting off infections).

  - cause lung cancer (most people die within one year of diagnosis).

  - bladder, pancreas, mouth & throat cancers are also more common in smokers.

  - can cause emphysema (alveoli deteriorate, thus causing difficulty in breathing).

  - increases blood pressure & bad cholesterol leading to strokes & heart attacks.

  - wounds & bones take longer to heal - skin ages prematurely (wrinkles), taste and smell are less sensitive.

  - second hand smoke increases these risks for non-smokers.

  - smoking while pregnant deprives the fetus of oxygen.

- Each year smoking kills approximately 440,000 people in the U.S.

  - more deaths than car accidents, alcohol & drug abuse, HIV & murders combined.

- Quitting smoking can be difficult for some people due to nicotine addiction, but:

  - within a year lung capacity is almost back to normal.

  - within 15 years, the risk of heart disease and lung cancer drops back to normal.