

Tobacco and COPD

Chronic Obstructive Pulmonary Disease, otherwise known as COPD, represents permanent conditions that interfere with air flow into and out of the lungs. Smoking is the main cause of COPD. Two main types of COPD exist: chronic bronchitis and emphysema.¹

Chronic Bronchitis¹

- Airways become inflamed and clogged with mucus.
- Causes coughing and difficulty breathing.

Emphysema²

- Tiny air sacs in the lungs are destroyed which can result in permanent “holes” in the lung tissue.
- Breathing becomes difficult over time as lungs lose their elasticity.
- Cannot be cured.

Impact of Tobacco Use on the Lungs

- Cigarette smoking accounts for about 90 percent of all cases of COPD.³
- Poisonous carbon monoxide in smoke prevents the oxygen from getting to the body easily.
- Smoke particles or “tar” build up and coat the tiny hairs in the lungs that keep the lungs clean. When these tiny hairs are destroyed, this leaves the lungs unprotected against infection.
- In teens that smoke, smoking stunts lung growth. A smoker whose lungs are still growing may have lower lung capacity for the rest of his/her life.

Smokers vs. Nonsmokers

- Smokers are 10 times as likely as nonsmokers to develop COPD⁴
- The risk of death due to COPD increases with the number of cigarettes smoked.⁵
- Teenagers who smoke have more respiratory symptoms; especially wheezing and cough with phlegm than nonsmokers of the same age.⁶

Helping Tobacco Users Quit

Free, statewide services to help tobacco users quit include:

Utah Tobacco Quit Line

The Utah Tobacco Quit Line is a free, telephone-based service designed to help people quit tobacco. Be connected with a specially trained Quit Coach who will help you develop a personalized quit plan, and guide you through the quitting process. Call: English: 1.888.567.TRUTH (8788)

Spanish: 1.877.629.1585

TTY Hearing, Speech Impaired: 1.877.777.6534

For more information about the Utah Tobacco Quit Line, visit

www.tobaccofreeutah.org/quitline.htm

Utah QuitNet

Utah QuitNet is a free, internet-based service designed to help individual tobacco users through the quitting process. As a member you'll have access to the world's largest online community of smokers and ex-smokers helping each other to quit and stay quit. For more information visit www.utahquitnet.com.

For More Information:



Utah Tobacco Prevention and Control Program

1-877-220-3466

www.tobaccofreeutah.org

¹ The Scoop on Smoking. "Chronic Obstructive Pulmonary Disease." The American Council on Science and Health. 28 August 2007

<<http://www.thescooponsmoking.org/xhtml/effects/copd.php#top>>

² American Thoracic Society. Standards for Diagnosis and Care of Patients with COPD. American Journal of Respiratory Care Medicine. Vol. 152 pp. S77-S120, 1995.

³ Fiel, S. B. (1996). Chronic obstructive pulmonary disease mortality and mortality reduction. *Drugs*, 52, 55-61.

⁴ Goldring, J. M., James, D. S., & Anderson, H. A. (1998). Chronic lung diseases. In R. C. Brownson, P. L. Remington, & J. R. Davis (Eds.), *Chronic Disease Epidemiology and Control*, (2nd ed.). Washington, DC: American Public Health Association.

⁵ Action on Smoking and Health. "Chronic Obstructive Pulmonary Disease (COPD)." 28 August 2007 <<http://oldash.org.uk/html/factsheets/html/fact05.html>>

⁶ The Scoop on Smoking. "Increased Respiratory Symptoms." The American Council on Science and Health. 28 August 2007

<<http://www.thescooponsmoking.org/xhtml/effects/increasedRespiratorySymptoms.php#top>>