



KANSAS RESPIRATORY CARE SOCIETY (KRCS)

Lung Health & Smoking Awareness

Intro

- Who we are...
- What we do...
- Why we are here today...

- Objectives
 - ▣ Review the Respiratory System and Lung Health
 - ▣ Discuss what is in cigarettes.
 - ▣ Discuss the dangers of smoking.

PROUD TO BE A



**RESPIRATORY
THERAPIST**

Respiratory System Review

- Human body is made up of cells.
- Main Function of Respiratory System is to supply the blood with oxygen.
- Rids carbon dioxide, a waste product of cells.
- Lungs
 - Airways
 - Cilia
 - Alveoli

Respiratory System Necessary to Live

- Breathing is so important to life it happens automatically!
- Each Day you Breath about 20,000 times.
- Without oxygen body cells die.



Taking Care of Your Lungs

- Eat well
- Drink Water
- Exercise
- Protect your lungs from harm

An anatomical illustration of a human torso, showing the ribcage, spine, and lungs. The illustration is rendered in a semi-transparent, glowing style with a color palette of reds, oranges, and yellows. The lungs are prominently displayed on either side of the spine, and the ribcage is visible in the foreground. The overall appearance is that of a medical or scientific diagram.

DID YOU KNOW?

SMOKING
AS A TEEN
CAN STUNT
LUNG
GROWTH

At Risk for Smoking

- Studies show...
 - Most children first begin to experiment with or feel pressure to smoke around the age of 12
 - 92% of teenagers who try smoking believe they can quit within one year, but only 1.5% succeed.
 - If you haven't begun smoking by age 21, you probably never will!!
 - Best to never start!

3000 teens
start smoking
each day

1000 will die
because of

CIGARETTES

How many chemicals are in cigarette smoke???



4000!!

Some you may recognize...

- ▣ Carbon Monoxide – Car Exhaust
- ▣ Cyanide – Rat Poison
- ▣ Formaldehyde – Preserve frogs in biology lab
- ▣ Ammonia – Household Cleaning Products
- ▣ Acetone – Fingernail Polish Remover
- ▣ Tar – Driveways, Roads, Roofs
- ▣ Acetylene – Jet or Space Shuttle Fuel
- ▣ Nicotine

Nicotine

Nicotine ...

- Is a poison in large amounts.
- Is the substance that provides the alert and relaxed feeling people seek from tobacco use.
-  Blood Flow,  Blood Pressure & HR

Nicotine is VERY Addictive

- Once you start it is VERY hard to stop!
- Why?
 - ▣ Nicotine travels to the brain in 8 sec.
 - ▣ Nicotine triggers neurons in brain to release large amounts of Dopamine.
 - ▣ Dopamine – Triggers pleasure & reward.
 - ▣ Within a few minutes feeling is gone.
 - ▣ Cycle of craving starts.



Immediate & Short-term

Medium & Long-term

Smelly hair
Less oxygen to the brain

Yucky skin, smelly breath & stained teeth

More coughs & colds

Increased heart rate & blood pressure

Less oxygen to lungs. This causes shortness of breath, reduces fitness and can also cause an asthma attack in asthmatics.

Stained fingers

Stroke

Blindness

Gum disease, leading to tooth loss

Mouth & throat cancer

Heart disease, heart attack

Emphysema (*walls of lung tubes collapse*)

Lung cancer

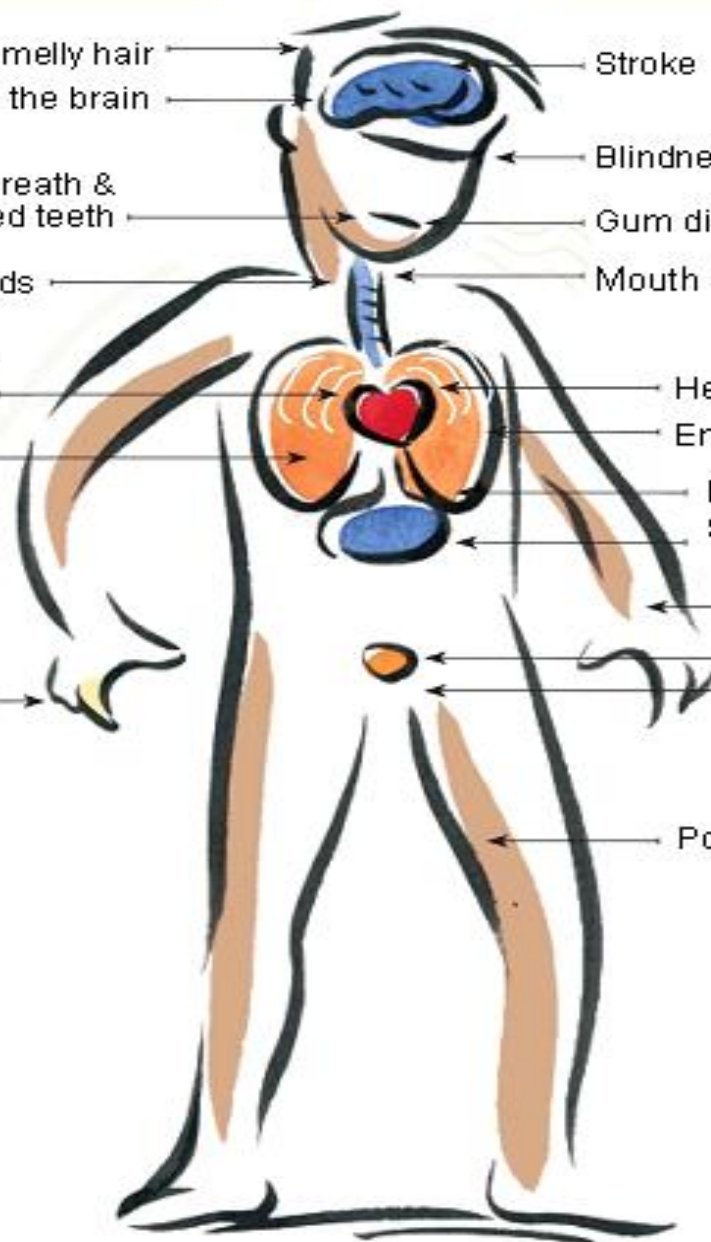
Stomach ulcers

Skin becomes dry, discoloured & wrinkled

Bladder cancer

Infertility, impotence

Poorer muscle tone



You Choose



Healthy lungs:

- Resistant to lung infections
- Recover easily from infections
- Appear light pink in colour
- Can meet the oxygen demands of your body
- Can eliminate carbon dioxide effectively
- Allow you to live a full and happy life

Smoker's lungs:

- High risk for developing COPD and lung cancer
- More prone to lung infections and slower recovery from infections
- Appear black in colour
- Struggle to meet the oxygen demands of your body
- Struggle to eliminate carbon dioxide effectively
- Give you a shorter life span