

Smoking among rural population

Sherif Maher Ramzy; EbtesamEsmailRamzy; EmadGirgis Kamel; Khaled Hussein Mohamed El-Dessouki; EmanSameh Mohamed; Nashaat Nabil Kamel

Public Health and Preventive Medicine Department, Faculty of Medicine, Minia University, Egypt

Introduction:

Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general. Quitting smoking lowers your risk for smoking-related diseases and can add years to life (**Simon et al., 2017**). Smoking leads to disease and disability and harms nearly every organ of the body. More than 16 million Americans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. Smoking is a known cause of erectile dysfunction in males. (**GATS,2009**).

Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.

Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from passive smoking. This is about one in five deaths annually, or 1,300 deaths every day. On average, smokers die 10 years earlier than nonsmokers. If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger who are alive today. (**Murray et al., 2010**)

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Smoking causes more deaths each year than the following causes combined. Human immunodeficiency virus (HIV), Illegal drug use, Alcohol use, Motor vehicle injuries and Firearm-related incidents

More than 10 times have died prematurely from cigarette smoking than have died in all the wars. Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths. More women die from lung cancer each year than from breast cancer. Smoking causes about 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD). Cigarette smoking increases risk for death from all causes in men and women. The risk of dying from cigarette smoking has increased over the last 50 years (**Simon et al., 2017**).

Smokers are at greater risk for diseases that affect the heart and blood vessels (cardiovascular disease). Smoking causes stroke and coronary heart disease, which are among the leading causes of death in the United States. Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease. Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heart beat faster and your blood pressure go up. Clots can also form. A stroke occurs when a clot blocks the blood flow to part of brain or when a blood vessel in or around brain bursts (Knell, 2010).

Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs. Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis. Cigarette smoking causes most cases of lung cancer. If you have asthma, tobacco smoke can trigger an attack or make an attack worse. Smokers are 12 to 13 times more likely to die from COPD than nonsmokers. (**Baker et al., 2017**). Smoking can cause cancer almost anywhere in the body such as in bladder, blood (acute myeloid leukemia), cervix, colon and rectum (colorectal), esophagus, larynx, liver, oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils), stomach and trachea, bronchus, and lung (**EMRO, 2016**).

Appetite is the desire to eat food, sometimes due to hunger. Appealing foods can stimulate appetite even when hunger is absent. Appetite exists in all higher life-forms, and serves to regulate adequate energy intake to maintain metabolic needs.(WHO, 2008).

Not having an appetite is a frustrating problem for people who are underweight, or losing weight when they don't want to. You know it's important to eat a variety of foods to maintain your health as you get older, but it's hard to eat when you're not hungry or food isn't appealing.

The medical term for loss of appetite is anorexia. A wide variety of conditions can cause your appetite to decrease. These range from mental conditions to physical illnesses.

If you develop a loss of appetite, you may also have related symptoms, such as weight loss or malnutrition. These can be serious if left untreated, so it's important to find the reason behind your decreased appetite and treat it (Halpern et al., 2011).

Smoking causes about 90 percent of tobacco's nicotine to enter your body, according to "Invitation." When the nicotine reaches your brain, it affects several brain hormones, including acetylcholine, adrenaline, beta-endorphin, dopamine, norepinephrine and vasopressin. The positive effects include reducing your appetite and decreasing your sense of taste and smell, reports "How to Quit Smoking," a chapter in "Dr. Dean Ornish's Program for Reversing Heart Disease." Nicotine also calms you when you're stressed, improves your memory and problem-solving skills, and decreases your anxiety and depression(Jr, 2014).

Justification of the study:

- The seriousness of the problem of smoking and its impact on the quality of life.
- There is a paucity of recent local data regarding the relationship between smoking and dietary habits, particularly in rural areas of Upper Egypt.
- Understanding the dietary patterns of those who smoke compared to those who do not smoke is important for health professionals seeking to assess disease risk and educate individuals regarding healthy lifestyles.

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