



THE IMPACT OF SMOKING ON CARDIOVASCULAR HEALTH.

Termez branch of Tashkent medical academy

Sadaan Muhammad Shuaib Sayyed

Sadaansayyed18@gmail.com

[+919321961527]

Abstract: We all know that tobacco products, including cigarettes, are an undesirable tool that seriously harms human health. It would be useful to mention once again how smoking harms a person's health and those around them.

Keywords: Nicotine, lung cancer and myocardium, ischemic heart disease and stroke, smoking.

Introduction:

Cigarette smoking is a major public health issue, causing significant morbidity and mortality worldwide. Despite extensive research and knowledge about the ill effects of smoking, its use remains widespread. The purpose of this article is to review the impact of smoking on cardiovascular health and its associated risks.

Methodology:

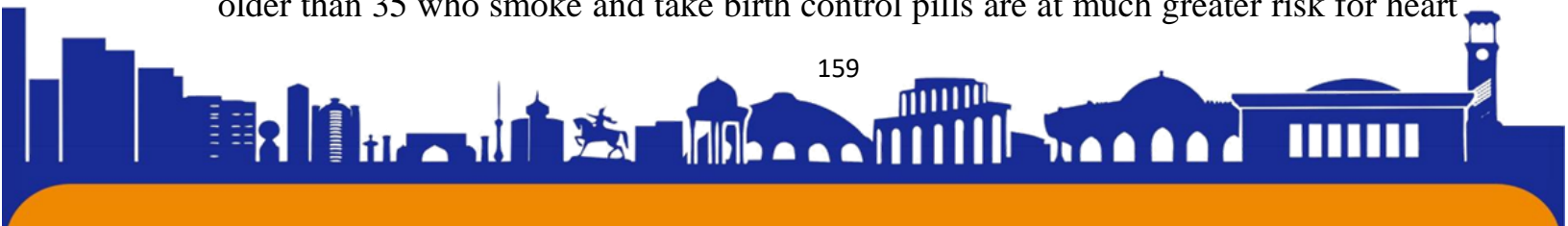
A comprehensive search of electronic databases was conducted, including PubMed, MEDLINE, and Google Scholar, using the keywords "smoking," "cardiovascular disease," "heart disease," "stroke," "blood clots," and "secondhand smoke." Relevant articles were reviewed and analyzed to determine the effects of smoking on cardiovascular health.

Results:

Research has shown that smoking increases the heart rate, tightens major arteries, and can cause an irregular heart rhythm, all of which can take a toll on the heart, making it work harder. Cigarette smoking accounts for nearly 10-15% of cardiovascular deaths around the world, and has been linked to several cardiovascular ailments such as heart attacks, brain strokes, blood clots, and stiffening of the arteries not only in the heart but also in the arms and legs.

Smoking speeds up the clogging and narrowing of coronary arteries, and diseases caused by smoking kill more than 440,000 people in the U.S. each year. Smokers have higher risk for lung disease, lung cancer, and emphysema. They also have increased risk for heart disease and stroke.

One out of every 5 smoking-related deaths is caused by heart disease. Women older than 35 who smoke and take birth control pills are at much greater risk for heart





disease or stroke. Cigarette smokers are 2 to 4 times more likely to get heart disease than nonsmokers. Cigarette smoking doubles a person's risk for stroke.

Smoking causes an instant and long-term rise in blood pressure, an instant and long-term increase in heart rate, and reduces blood flow from the heart. It also reduces the amount of oxygen that reaches the body's tissues, increases the risk for blood clots, damages blood vessels, and doubles the risk of stroke.

Secondhand smoke is smoke exhaled by smokers, and it also includes smoke from the burning end of a lit cigarette, cigar, or pipe. The CDC says about 34,000 nonsmokers die from heart disease each year from exposure to secondhand tobacco smoke.

Smoking increases the formation of plaque in blood vessels. Coronary Heart Disease occurs when arteries that carry blood to the heart muscle are narrowed by plaque or blocked by clots. Chemicals in cigarette smoke cause the blood to thicken and form clots inside veins and arteries.

Here is a graphical representation of how smoking affects the cardiovascular system.

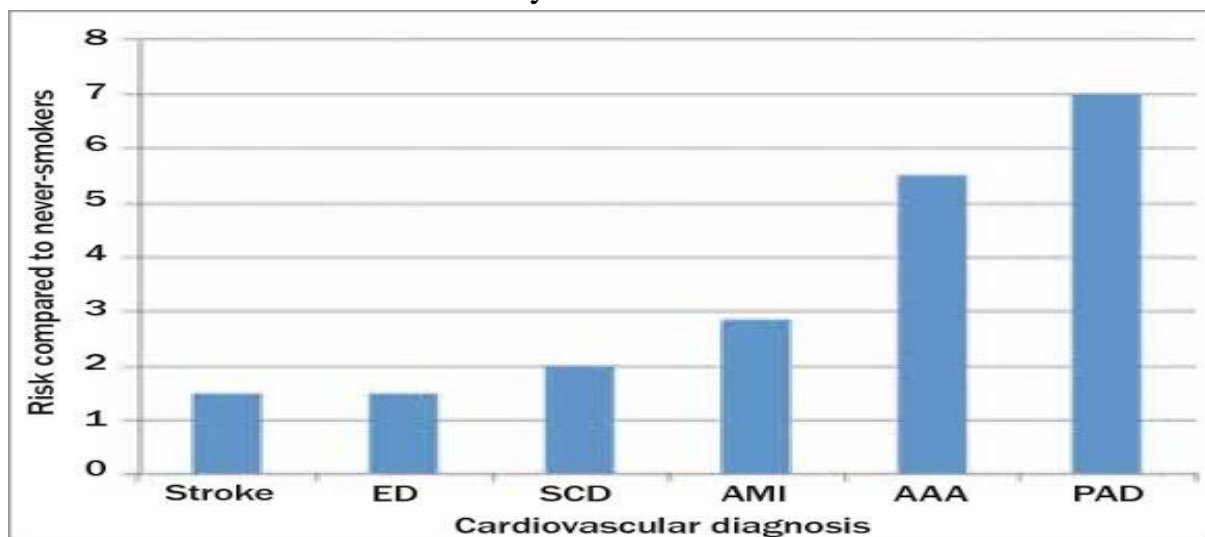
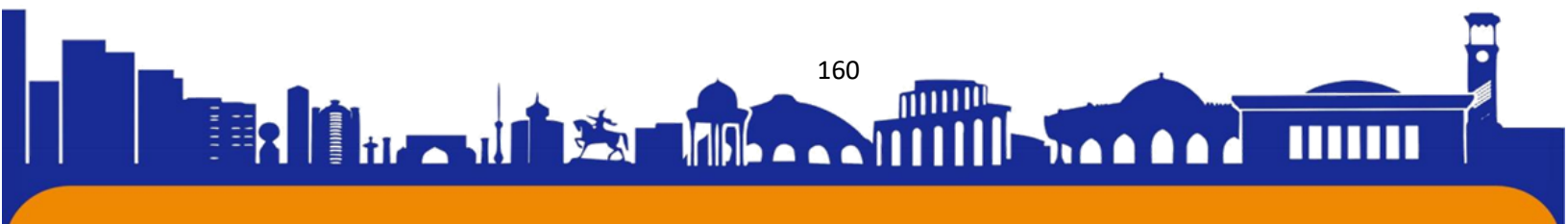


Figure 2. Risk of cardiovascular disease from smoking.¹⁴

Abbreviations: AAA = abdominal aortic aneurysm; AMI = acute myocardial infarction; ED = erectile dysfunction; PAD = peripheral arterial disease; SCD = sudden cardiac death.

Conclusion

Smoking has a significant impact on cardiovascular health, causing numerous diseases and conditions. It is essential to raise awareness about the harmful effects of





smoking and encourage individuals to quit smoking and adopt a healthy lifestyle. Every life is precious, and it is our responsibility to protect and preserve it

Let's make an effort of making our society healthy and saving the lives of many.

EVERY LIFE MATTERS, EVERY LIFE IS PRECIOUS.

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Second hand smoking article published by a doctor in a newspaper.

