

THE HEALTH EFFECTS OF SMOKING AND E-CIGARETTES



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By E-cig Twigg - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/wiki/index.php?curid=49410180>

WHAT ARE HEALTH EFFECTS OF TOBACCO?



<https://therealcost.betobaccofree.hhs.gov/tobacco-basics.html>

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<https://therealcost.betobaccofree.hhs.gov/tobacco-basics.html>

WHAT IS IN TOBACCO PRODUCTS?



<https://therealcost.betobaccofree.hhs.gov/tobacco-basics.html>

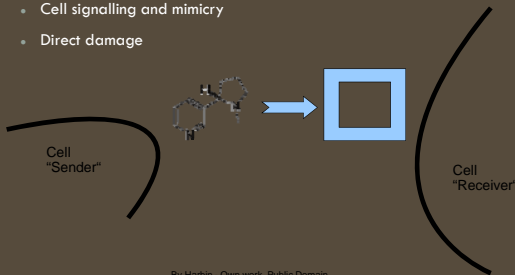
WHAT ARE IN E-CIGARETTES?

- "The main component of e-cigarettes is the e-liquid contained in cartridges. To create an e-liquid, nicotine is extracted from tobacco and mixed with a base (usually propylene glycol), and may also include flavorings, colorings and other chemicals."
- Not fully regulated (yet). As of today, companies must be registered, but have two years to complete application to manufacture.
- Prior sales to February 15, 2007 = product eligible for grandfather status

<http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

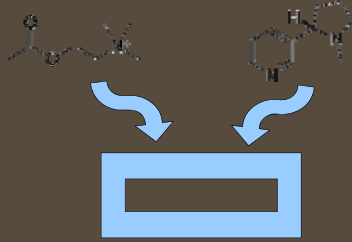
WHY DO THOSE THINGS CAUSE PROBLEMS?

- Complex mechanisms
- Cell signalling and mimicry
- Direct damage



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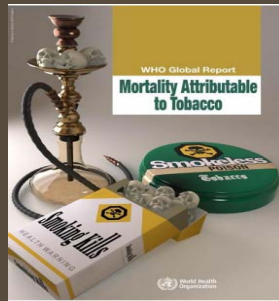
ONE POSSIBILITY



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DEATH AND DISABILITY

- Lung Cancer
- Other Cancer
- Heart Disease
- Lung Disease
- COPD



LUNGS

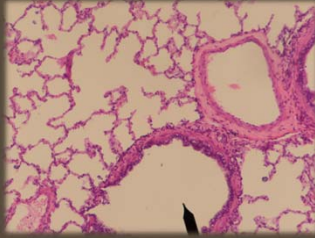
- Complex system of the lower airway
- Provides the link between the atmosphere and the blood
- Brings in Oxygen
- Removes Carbon Dioxide



By Patrick J. Lynch, medical illustrator - Patrick J. Lynch, medical illustrator, CC BY 2.5.
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LUNG CELL TYPES

- Cells have different structures and functions
- Mucus
- Cilia
- Barriers
- Housekeeping



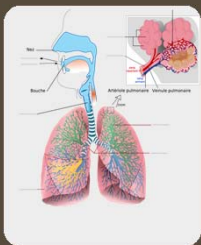
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TEAMWORK

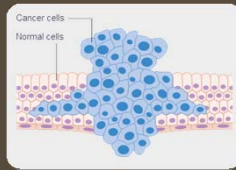


By Carol M. Highsmith - Library of Congress/Catalog <http://ocn.loc.gov/2010720609image.download>; <https://cdm.loc.gov/master/pnp/hi/hiem/1130011339a.tif> Original url: <http://hdl.loc.gov/loc/pnp/hiem/11339> Public Domain, <https://commons.wikimedia.org/w/index.php?curid=50987993>

LUNG CANCER



Lungs + Cancer

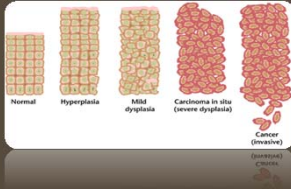


By Mirmo19 - https://commons.wikimedia.org/wiki/File:Respiratory_system_complete_numbered.svg Public Domain, <https://commons.wikimedia.org/w/index.php?curid=31014057>

By Cancer Research UK - Original email from CRUK, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=34333365>

HOW DO WE NAME CANCERS?

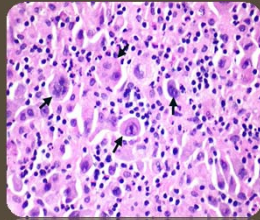
- How the cancer cells look under a microscope
- The type of cells the cancer started as
- Genetics



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LUNG CANCER TYPES

- About 80% to 85% of lung cancers are non-small cell lung cancer (NSCLC)
- subtypes of NSCLC, which start from different types of lung cells.

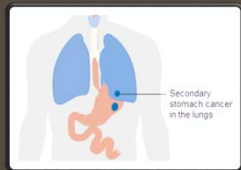


<http://www.cancer.org/cancer/lungcancer/non-smallcell/detailedguide/non-small-cell-lung-cancer-what-is-non-small-cell-lung-cancer>

By Yale Rosen from USA - Poorly differentiated non-small cell carcinoma NOS with a massive host inflammatory response - Case 267/Uploaded by CFCF, CC BY-SA 2.0.
<https://commons.wikimedia.org/w/index.php?curid=3112707>

NSCLC TYPES

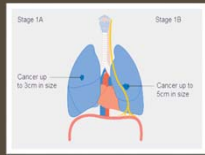
- Adenocarcinoma
- Squamous cell (epidermoid) carcinoma
- Large cell (undifferentiated) carcinoma
- Other subtypes



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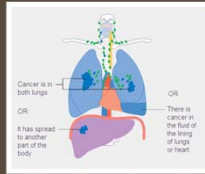
OTHER LUNG CANCER TYPES

- Small Cell
- Carcinoid



Treatment and Survival

- Dependent on type and stage



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TIPS TO QUIT

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace
- Find support
- Stay away from areas high in cigarette smoke
- Stay busy
- Keep your hands busy!
- Build a quit plan
- Avoid your smoking triggers
- Remind yourself of why you are doing this
- Reward yourself
- Enjoy the perks of being a nonsmoker

By: US Department of Health and Human Services

SUPPORTING A QUITTER

- Start the conversation
- Create an opening
- Ask Questions
- Listen
- Don't lecture
- Offer distractions
- Be patient and positive
- Don't be too hard on them if they slip
- Celebrate successes big and small
- Help them de-stress
- Be there for the long haul

By: www.smokefree.gov

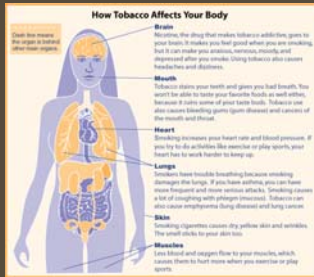
RESOURCES

- Quit now Kentucky www.quitnowkentucky.org
- www.smokefree.gov
- Your local health department
- QuitNow! or My QuitBuddy apps
- Talk with your health care provider



<https://play.google.com/store/apps/details?id=com.theprojectfactory.quitbuddy>

QUESTIONS?



By Office on Women's Health - <http://www.girlshealth.gov/substance/smoking/index.cfm>, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=902285>
