

Study of smoking habit among media circle

Thesis

*Submitted in partial fulfillment of the master degree
In chest diseases*

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List of Abbreviations

BAL	: Bronchoalveolar lavage
CHD	: Chronic heart disease
CNS	: Central nervous system
COPD	: Chronic obstructive pulmonary disease
CVD	: Cardio vascular disease
DG	: Diphosphoglycerate
ETS	: Environmental tobacco smoke
HDL-C	: High density lipoprotein- cholesterol
LDL-C	: Low density lipoprotein-cholesterol
MSA	: Master settlement Agreement
NEP	: Neural endo peptidase
NNS	: Nicotin nasal spray
NRT	: Nicotin replacement therapy
PVD	: Peripheral vascular disease
SI	: Smoking index
TQD	: Target quit day
WHO	: World health organization

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INTRODUCTION

Smoking exerts complex central and peripheral nervous system, behavioral, cardiovascular, gastrointestinal system, and endocrine effects in humans and is a primary risk factor for various cancers. Despite falls in many developed countries, the prevalence of smoking remains high and is increasing in developing countries, stopping smoking reduces the mortality associated with tobacco use (*Nakajima, 2007*).

The adverse health effects of smoking have been documented since the 1950s yet, >1.1billion people currently smoke tobacco. Four million deaths each year are attributed to smoking and if current trends persist, the death toll from smoking will reach 10 million Per year by 2030.Smoking – related deaths include those resulting from cancers of the Lung, esophagus, and pancreas, cardiovascular diseases, bronchitis, pneumonia, emphysema, Sudden infant death syndrome, prematurity, and low birth weight, as well as deaths resulting from smoking-related burns (*Alexander, 2005*).

Madkour (2001) reported that in Egypt, smokers account for more than 13 million Smokers. This included 40% of males above the age of 18 years old, 5% of females Above the age of 18 years old, half a million Egyptian smokers were

found below the Age of 15 years old and 74,000 Egyptian smokers were found below the age of 10 years Old.

There is substantial evidence that nicotine dependence and smoking persistence are Heritable, and are determined by a complex interplay of polygenic and environmental Influences; however, the evidence for genetic associations is not always consistent. Emerging data from pharmacogenetic trials of nicotine-dependence treatment are promising, suggesting that genetic profiles of smokers someday may be used by providers to choose the type, dose, and duration of treatment for individual smokers (*Lerman et al., 2007*).

There are many innovative and effective smoking-cessation treatments, both behavioral and pharmacologic, have been developed over the past several decades. Nowaday, there are four classes of pharmacological treatment for smoking cessation and nicotine dependence: nicotine replacement, antidepressants, nicotine-receptor partial agonists and drugs blocking cannabinoid receptors. Although many people quit without formal help, both non-pharmacological and pharmacological interventions can help people to stop smoking (*Lancaster, 2008*).

Aim of the work

The aim of this study is to assess the prevalence and risk factors of smoking among media circle (radio – television – press) and explore their attitudes toward smoking cessation, including their experience in stopping smoking.