

# **Study of smoking habit among soldiers in Cairo Security Forces Hospital**

Thesis submitted for partial fulfillment  
of master degree of Chest Diseases

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## List of abbreviations

Abbreviation	Meaning
AD	Addictive
AD	Alzheimer's disease
ADF	Australian Defence Force
AMD	Age-related macular degeneration
APCs	Antigen-presenting cells
ASHD	Arteriosclerotic Heart Disease
A $\beta$	Amyloid $\beta$ brain deposits

BC	Before Christ
CA	Carcinogen
CCF	Congestive cardiac failure
CD	Crohn's disease
CO	Carbon monoxide
COPD	Chronic obstructive lung disease
CT	Cardiovascular Toxicant
CVD	Cardiovascular diseases
ED	Erectile dysfunction
EMRO	Eastern Mediterranean Region
ETS	Environmental tobacco smoke
FCTC	Framework Convention on Tobacco Control
FDA	Food and Drug administration
GFR	Glomerular filtration rate
HCC	Hepatocellular carcinoma
HCN	Hydrogen cyanide
HPIO	The Health Policy Institute of Ohio
HS	Highly specific
IARC	International Agency for research on cancer
IBD	Inflammatory bowel disease
ICH	Intracerebral hemorrhage
IFN	Interferon
IM	Intestinal metaplasia
LPS	Lipopolysaccharide
MPOWER	Monitor,Protect,Offer,Warn,Enforce,Raise

MSS	Main stream smoke
NNK	Nicotin-derived nitrosamine ketone
NNN	N-nitrosonornicotine
NO	Nitric oxides
NS	Non specific
PAHs	Poly cyclic Aromatic Hydrocarbons
PHS	Public Health service
PM	Particulate matter
PVD	Peripheral vascular disease
RB-ILD	Respiratory bronchiolitis-associated interstitial lung disease
RDT	Reproductive or Developmental Toxicant
ROS	Reactive oxygen species
RT	Respiratory Toxicant
S	Specific
SAH	Subarachinoid hemorrhage
SD	Standard deviation
SES	Socio-economic standards
SIDS	Sudden infant death syndrome
SP-B	Pulmonary surfactant protein B
SPSS	Statistical Program for Social science
ss-DNA	Single strand DNA
SSS	Side stream smoke
TobReg	Tobacco-product regulation by WHO
UC	Ulcerative colitis

UFP	Ultra fine particles
USPSTF	The United States Preventative Services Task Force
WHO	World health organization
YMCA	Young men's Christians Associations

## INTRODUCTION

Tobacco smoke is a dynamic, complex and reactive mixture containing an estimated 5,000 chemicals. This toxic and carcinogenic mixture is probably the most significant source of toxic chemical exposure and chemically mediated disease in humans (**Ezzati and Lopez, 2003**).

Smoking in Egypt is prevalent as 19 billion cigarettes are smoked annually in the country making it the largest market in the Arab world. In the past few years smoking in Egypt has reached an all time high with an estimated twenty percent as fifteen million people regularly using tobacco products **(WHO, 2010)**.

While consumption of tobacco in adults is in decline or stable in many countries, In Egypt the number of adult cigarette smokers is increasing at a rate of four to five percent per year **(Ahmed *et al.*,1999)**.

Nearly forty percent of all men in Egypt smoke. The percentage of the population using any tobacco product elevated to around 23% among the productive age group 25–44 and the prevalence of using any tobacco product among all university graduates is about 16% **(WHO, 2010)**.

According to WHO estimated that 5.4 million premature deaths are attributable to tobacco smoking worldwide .If current trends continue about 10 million smokers per year are anticipated to die by 2025 **(Hatsukami *et al.*, 2008)**.

Questionnaires distributed to patients as they attend doctors are frequently used in primary care studies with behavioural outcomes. In particular such data collection methods have been employed in trials of smoking cessation or health promotion interventions and in some studies investigating the impact of training physicians in smoking cessation methods on doctors' clinical behaviour and patients' smoking. Post-consultation