

# TOBACCO and ALCOHOL

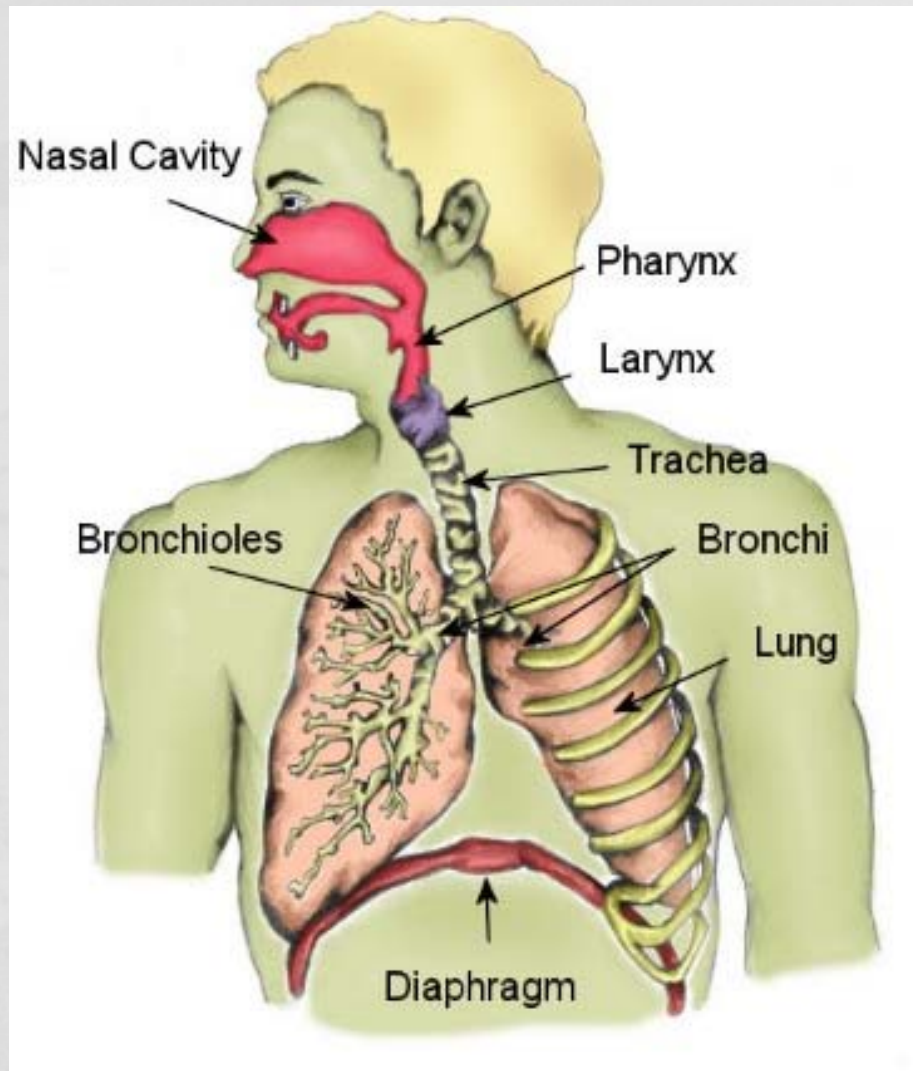
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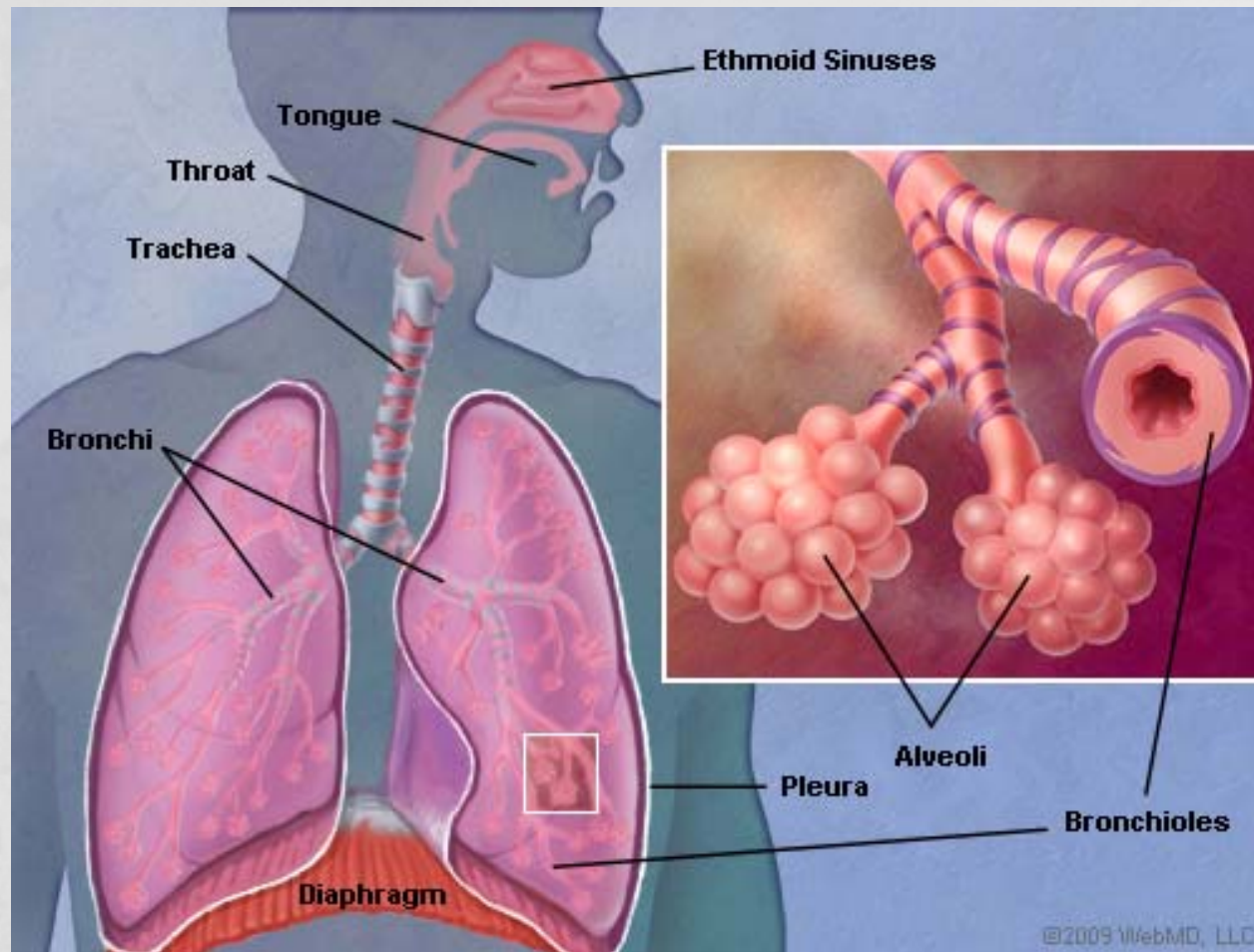
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# Respiratory System



# Alveoli





# There are about 4,000 toxic chemicals in tobacco.

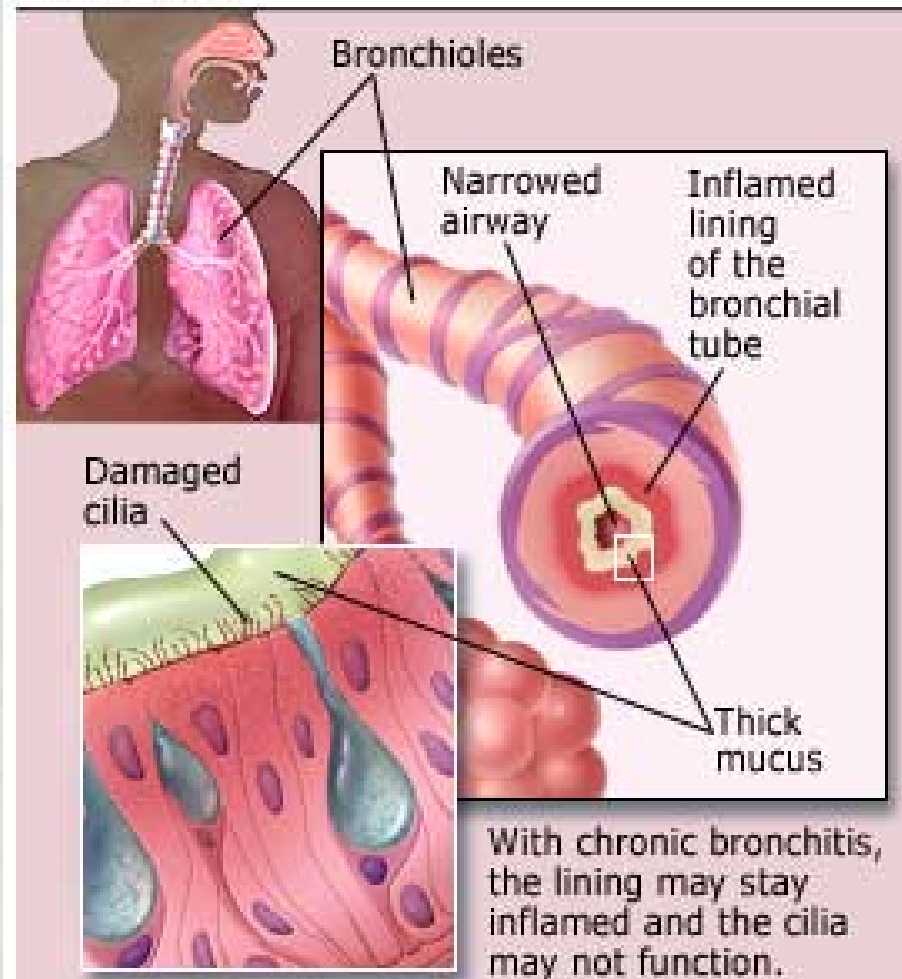
1. Tar : Tar contains 20 kinds of strong carcinogens (cancer causing chemical)
2. Carbon Mono-oxide : decrease hemoglobin oxygen carrying capacity
3. Nicotine : strong intoxication material like as morphine

# Tobacco smoking related diseases

1. Cancer : lung ca., Laryngeal ca., oral ca., esophageal ca., pancrease ca., bladder ca., kindey ca., stomach ca., uterus cervix ca.
2. Respiratory : chronic bronchitis, asthma, emphysema, viral pneumonia
3. Gastrointestinal : peptic ulcer, gastric ulcer, gastro-esophageal reflux

# Bronchitis

## Bronchitis

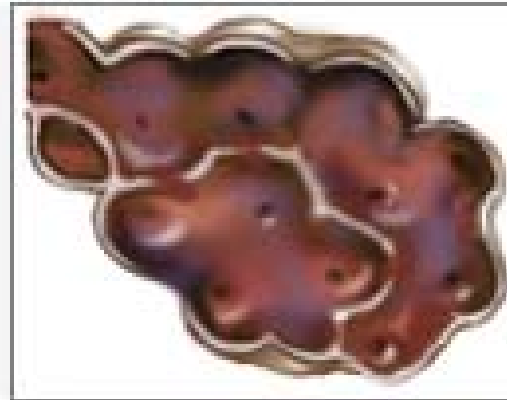


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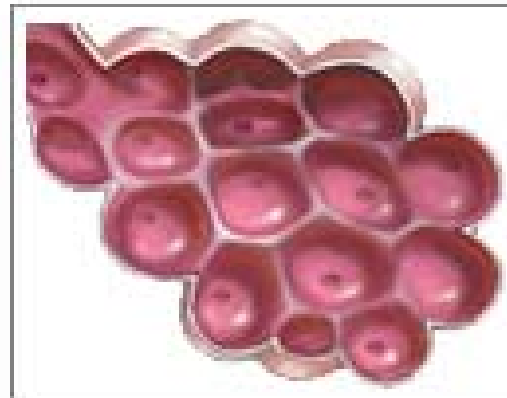
# Emphysema



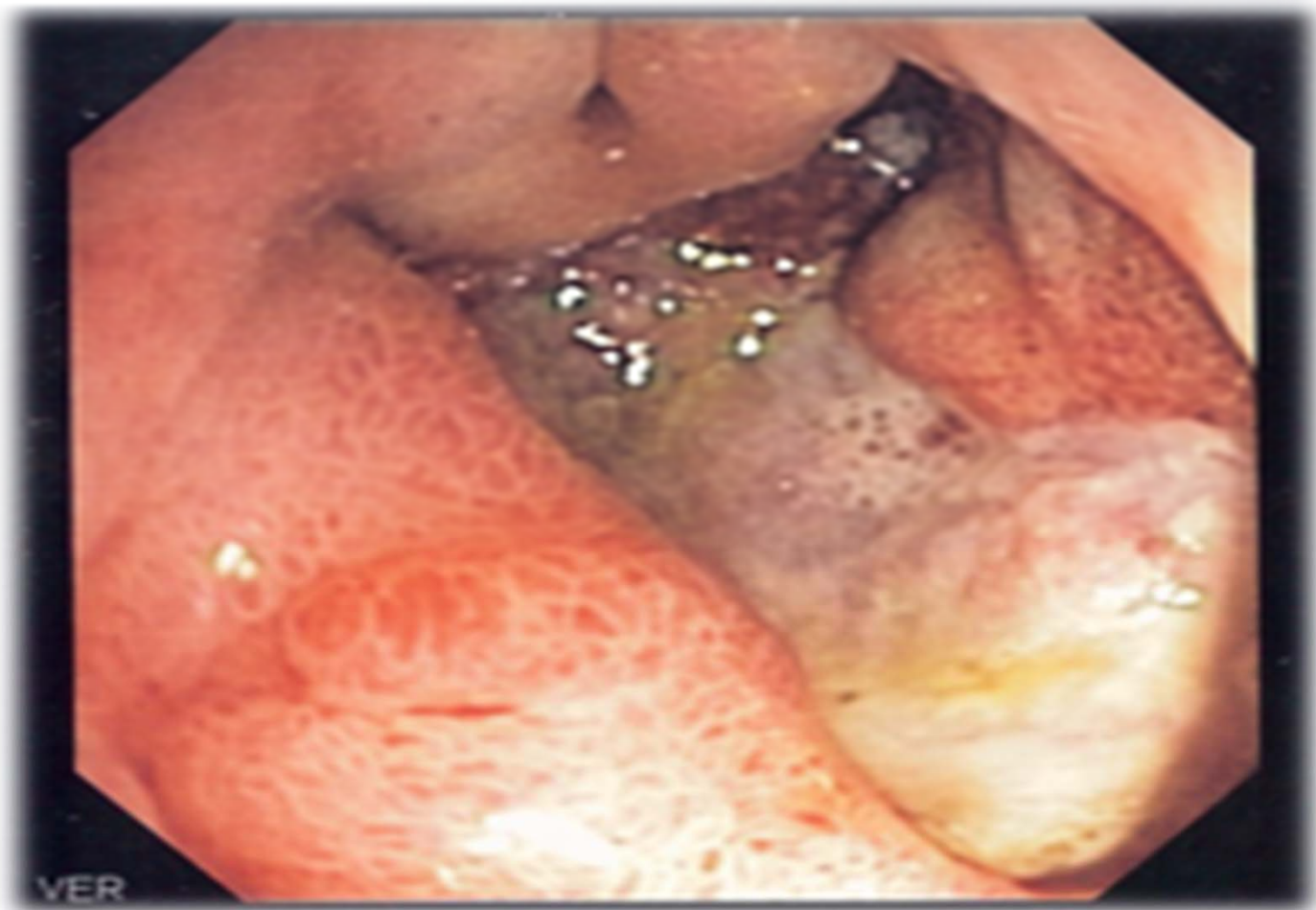
Alveoli with  
emphysema



Microscopic view  
of normal alveoli



# Gastric Ulcer



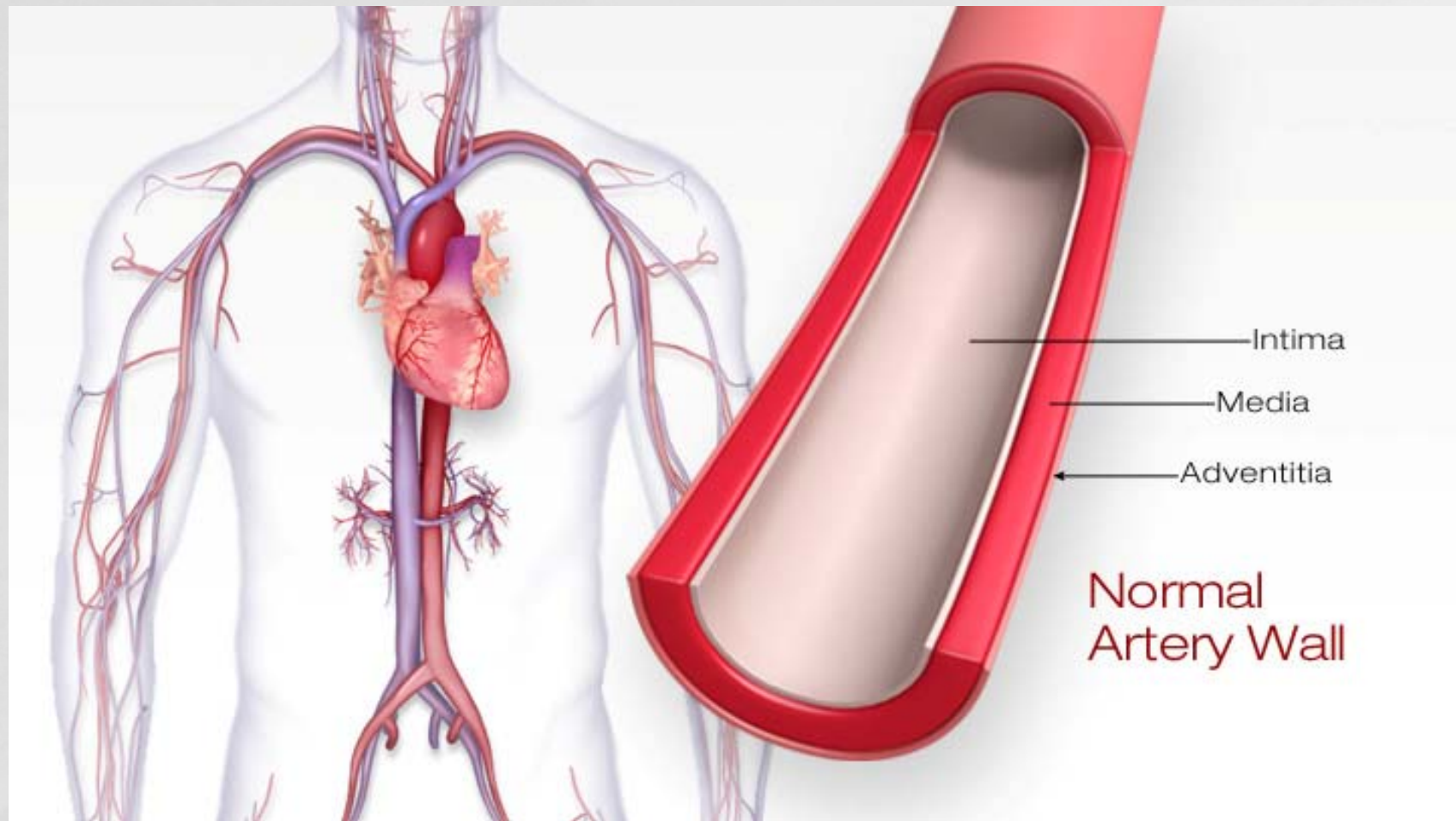


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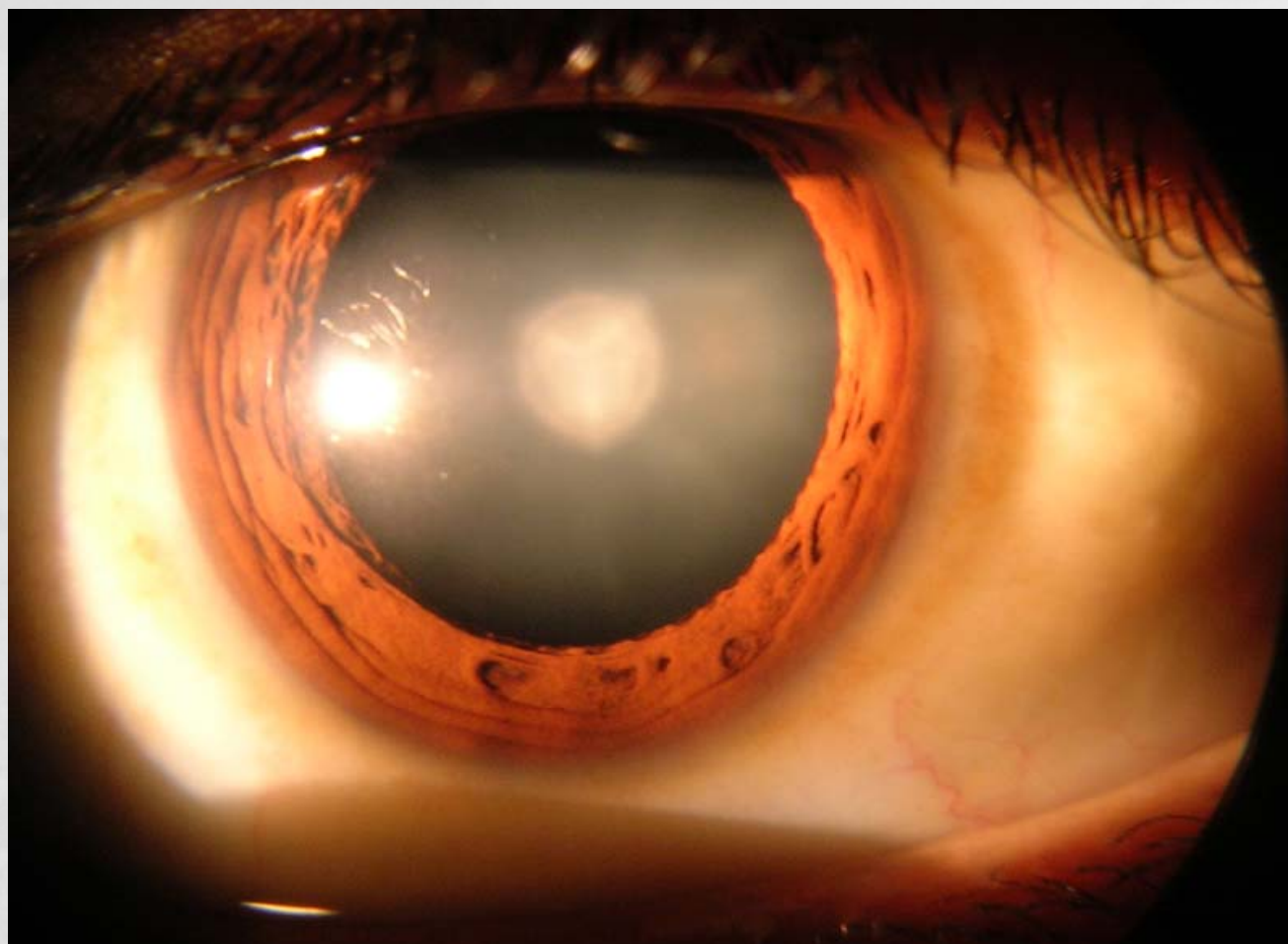
4. Genital organs : premature baby, abortion, low birth weight infant
5. Cardio-vascular : atherosclerosis, cerebro-vascular accident, angina, ischemic heart disease, peripheral artery disease
6. Others : early menopause, osteoporosis, cataract, Grave's disease

# Premature vs Normal Baby













# Cancer incidence in Smoking person

Lung ca. : 11.3 times higher than no smoking

Laryngeal ca. : 11.5 times higher

Oral cavity ca. : 13 times higher

Esophageal ca. : 6.4 times higher

# Indirect Smoking

Living with smoking partner

\*\*\*Lung ca. incidence increase 30%

\*\*\*Heart disease incidence increase 50%

Living with smoking parents

\*\*\*Increased incidence of bronchitis,  
asthma and pneumonia in childhood

# Smoking during pregnancy

Increased incidence of congenital anomaly

- \*\*\* cardiovascular anomaly
- \*\*\* gastrointestinal anomaly
- \*\*\* genitourinary anomaly



# Summary of Smoking

Tobacco smoking is close related to human health.

\*\*\*decrease expected life (about 8-10yrs)

\*\*\*cause many kinds of cancer  
(30-40% of all cancers)

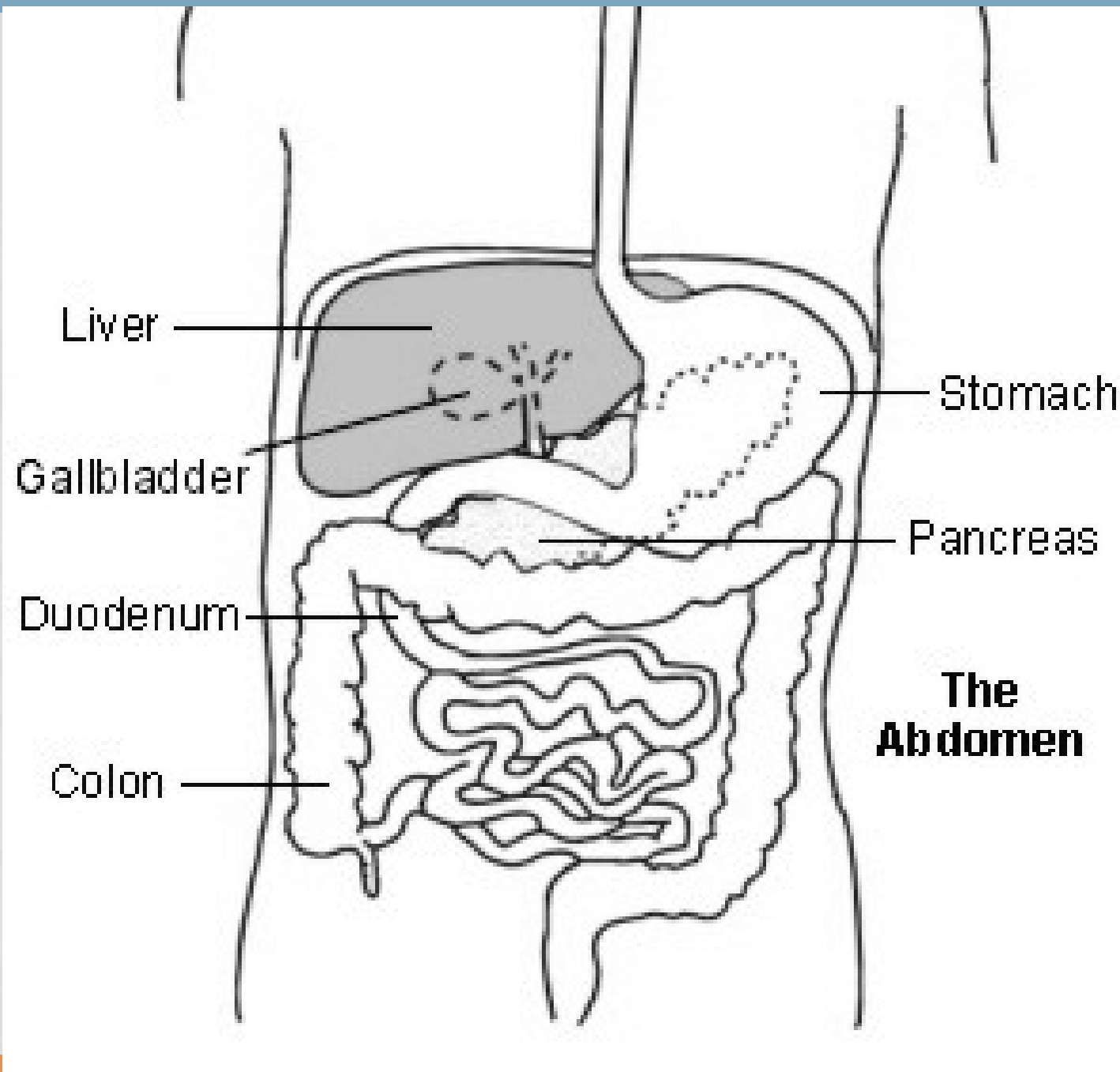
# How can we stop smoking

By your determined will : most important

Need special policy by government

- \*\*\* warning information on tobacco box
- \*\*\* prohibit under 19 yrs old buy tobacco
- \*\*\* prohibited area for smoking
- \*\*\* education
- \*\*\* increased price of tobacco

# Alcohol Safe?

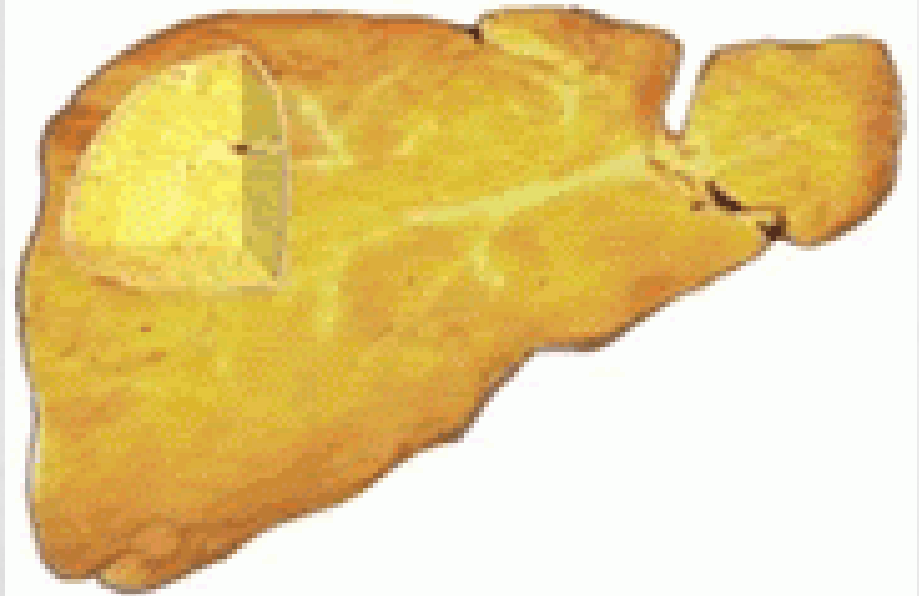
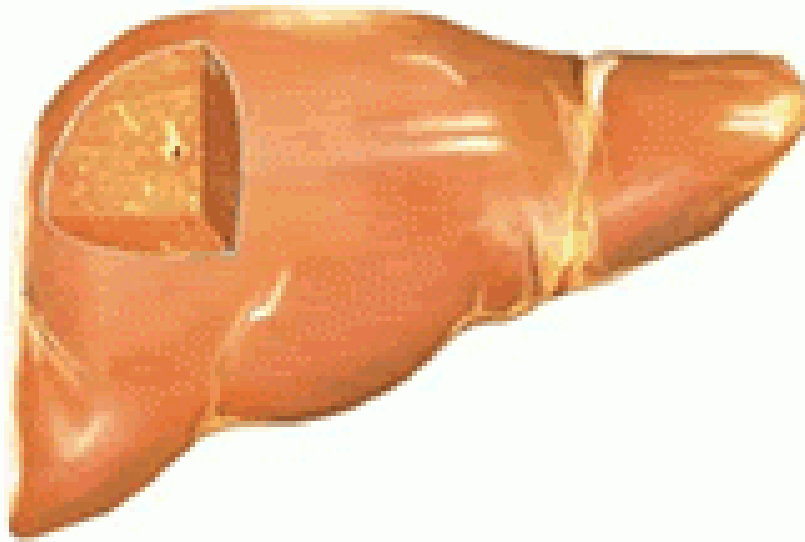




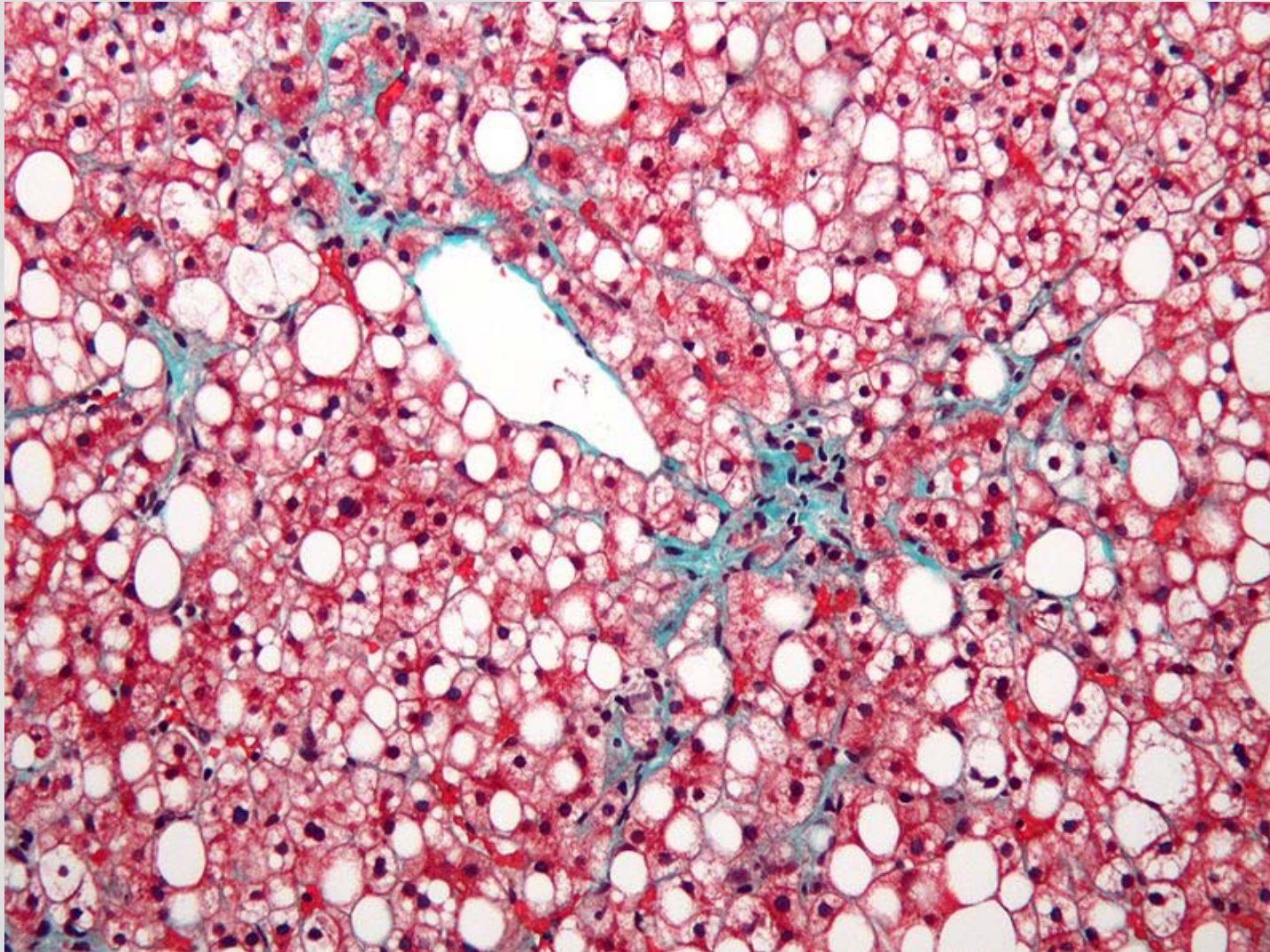
# Alcohol related diseases

1. Alcoholic fatty liver
2. Alcoholic hepatitis
3. Alcoholic liver cirrhosis
4. Gastroesophageal reflux
5. Chronic pancreatitis
6. Alcoholic dementia
7. Ischemic heart disease

# Alcoholic Fatty Liver



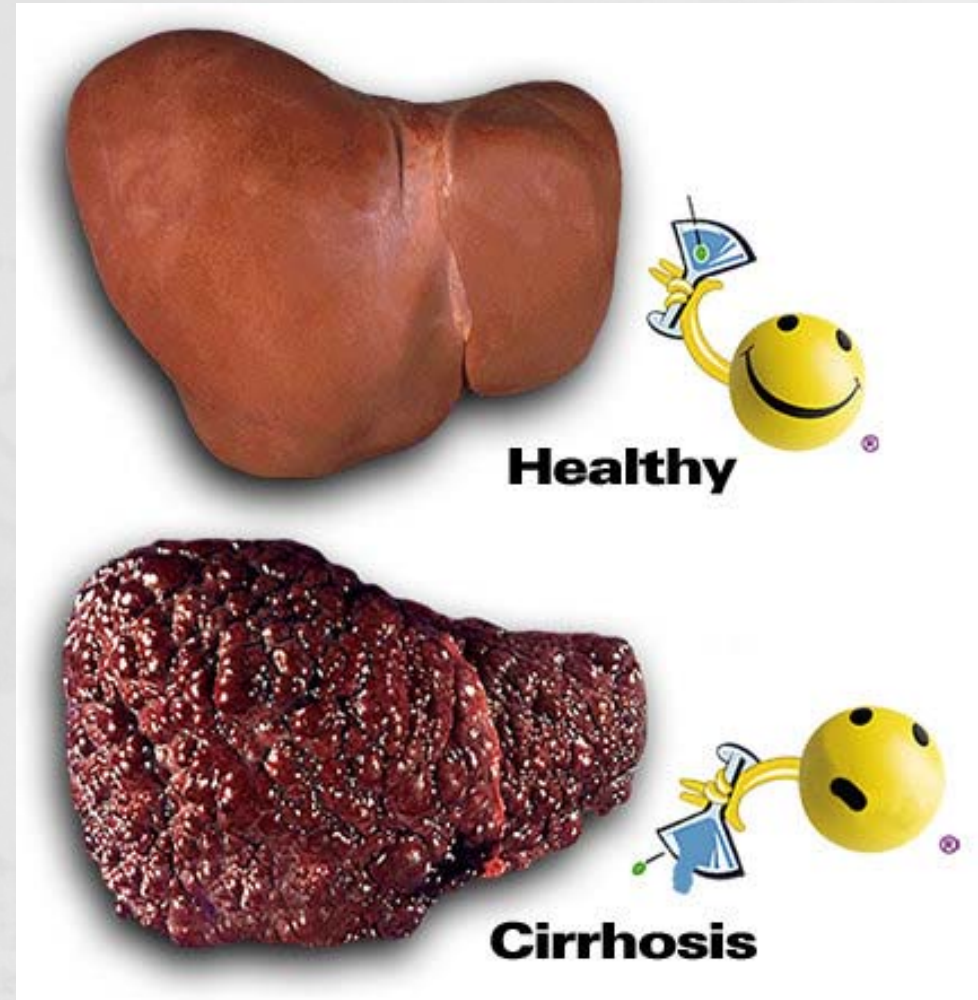
# Fat in Liver Tissue





# Liver Cirrhosis

- Consequence of chronic liver disease characterized by replacement of liver tissue by fibrosis, scar tissue and regenerative nodules leading to progressive loss of liver function





# Liver Cirrhosis



# (continuation)

8. Emotional disturbance

9. Alcohol intoxication

10. Gout

11. Alcohol with-drawl syndrome, delilium

12. Mallory- Weiss syndrome

13. Peripheral neuropathy

\*\*\*\*\*Especially to Liver and Brain

# Alcohol Intoxication

Strong adherence to alcohol

Cannot control by oneself

\*\*\* emotional problem

\*\*\* physically health problem

\*\*\* dementia

\*\*\* social problem, crime

\*\*\* family destruction

# Fetal Alcohol Syndrome

Drinking alcohol during pregnancy

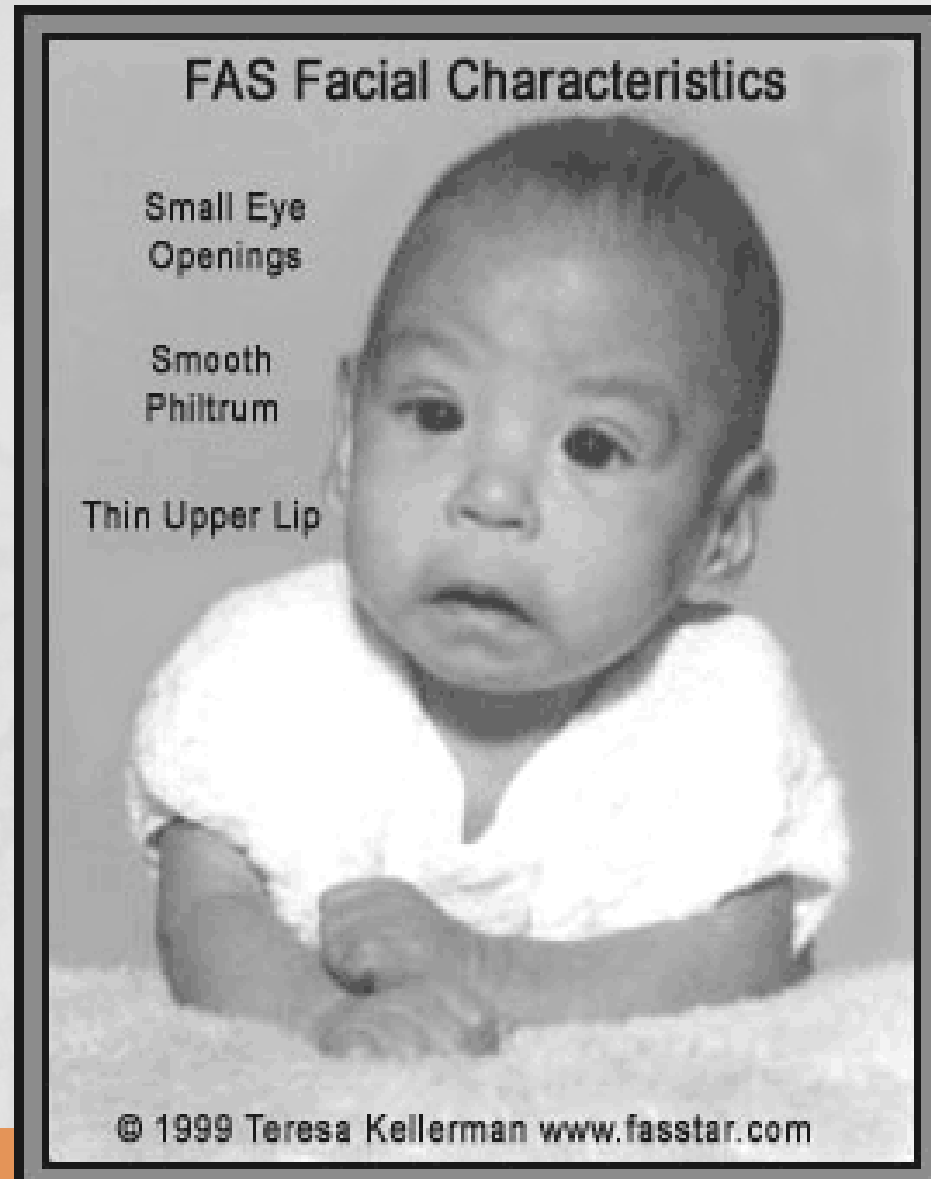
- \*\*\* intrauterine fetal growth retardation
- \*\*\* microcephaly
- \*\*\* irritable infant
- \*\*\* attention deficit hyperactive child
- \*\*\* congenital heart disease  
(ventricular septal defect, PDA, ASD, TOF)



# Fetal Alcohol Syndrome



# Fetal Alcohol Syndrome



# Microcephaly

Normal head size



Microcephaly



# How can we decrease alcohol consumption

By your determined will : most important

Need special policy by government

\*\*\* restrict alcohol advertisement

\*\*\* prohibit under 19yrs buy alcohol

\*\*\* education

\*\*\* increase price of alcohol



**“Do you not know  
that your body is a  
temple of the Holy  
Spirit?” (I. Corinth. 6:19)**