

TOBACCO and ALCOHOL

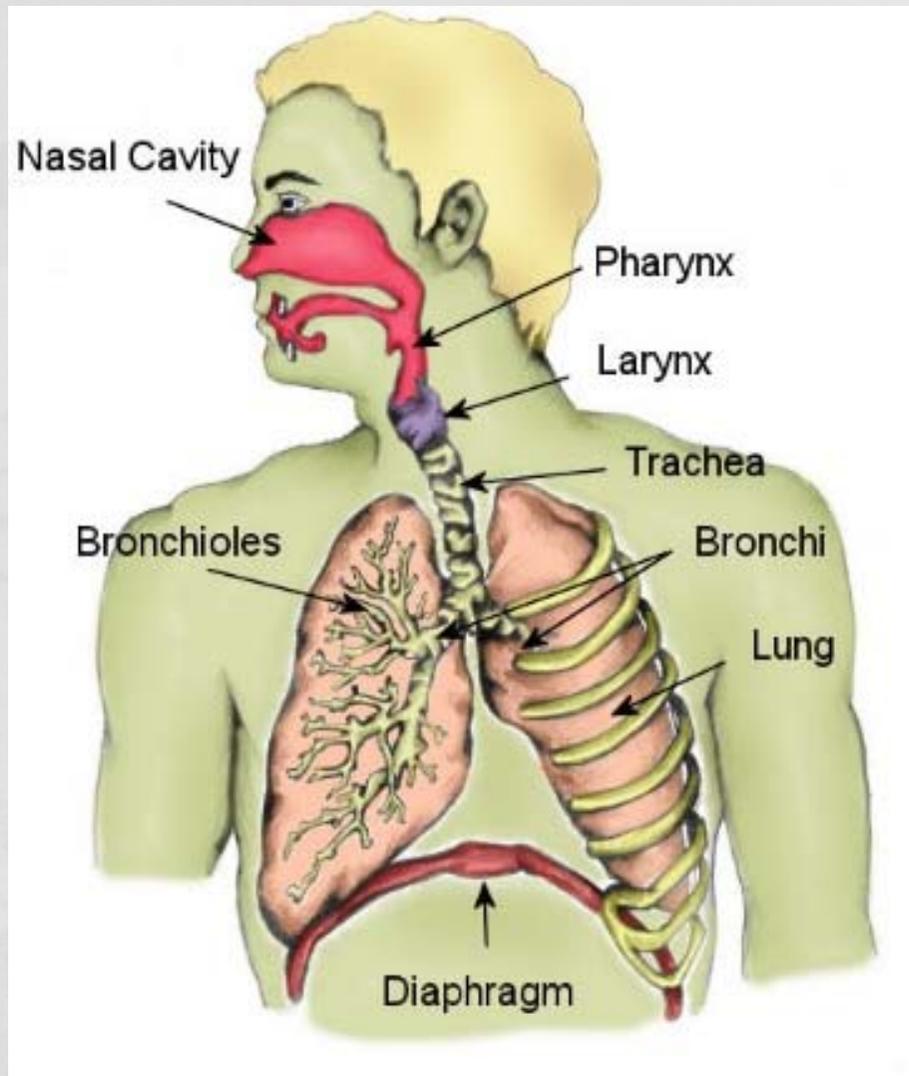
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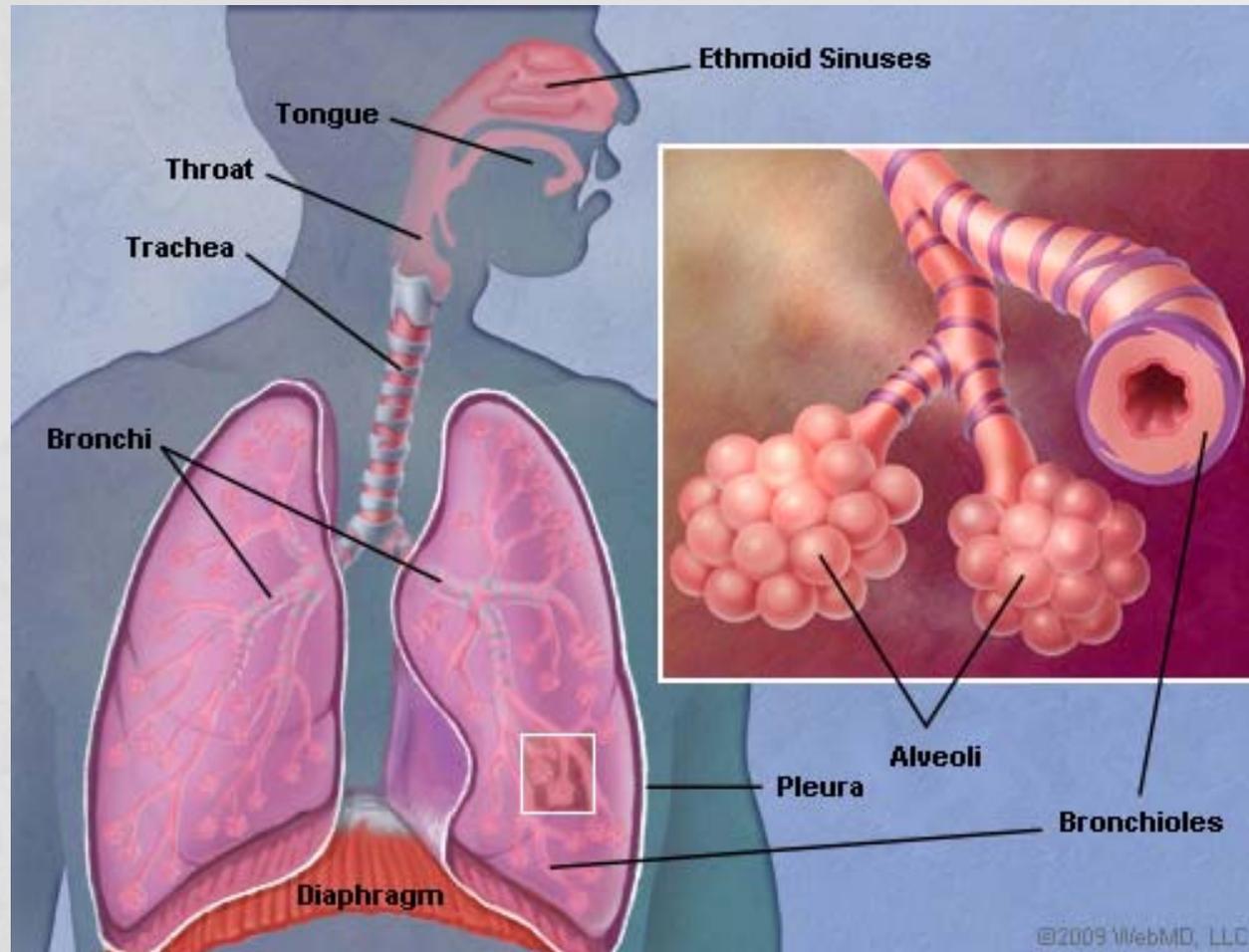
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Respiratory System



Alveoli



There are about 4,000 toxic chemicals in tobacco.

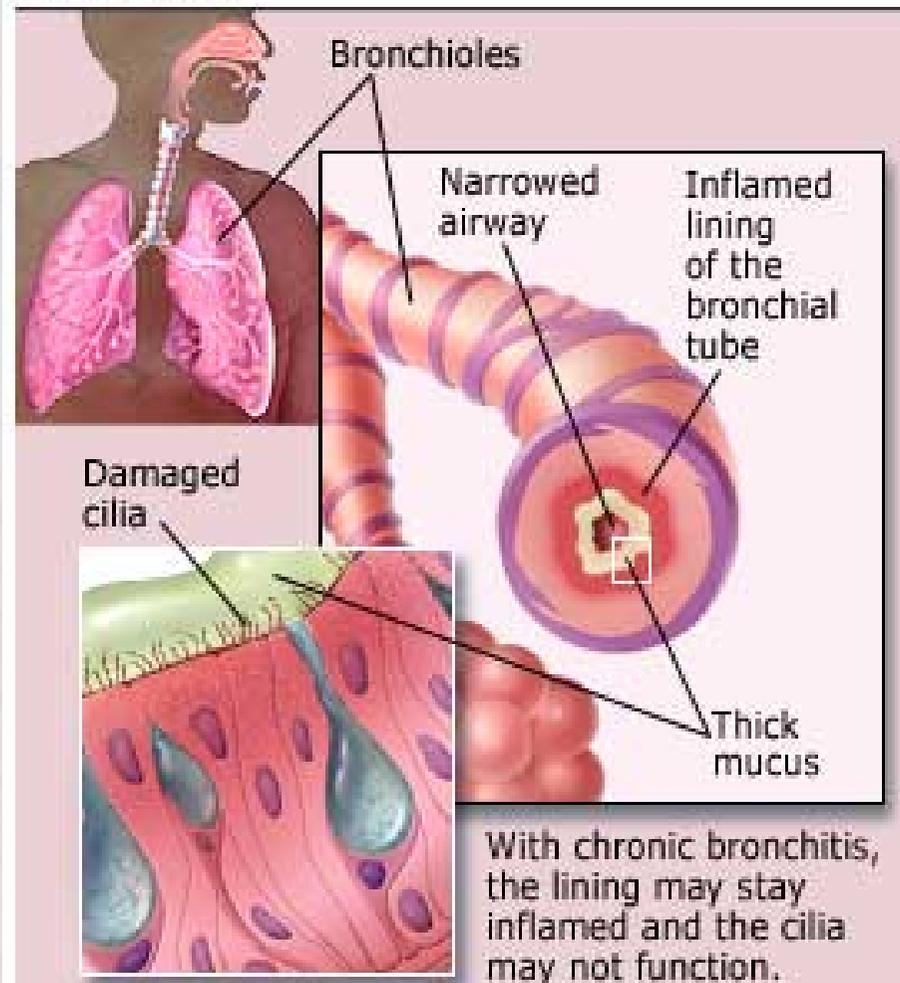
1. Tar : Tar contains 20 kinds of strong carcinogens (cancer causing chemical)
2. Carbon Mono-oxide : decrease hemoglobin oxygen carrying capacity
3. Nicotine : strong intoxication material like as morphine

Tobacco smoking related diseases

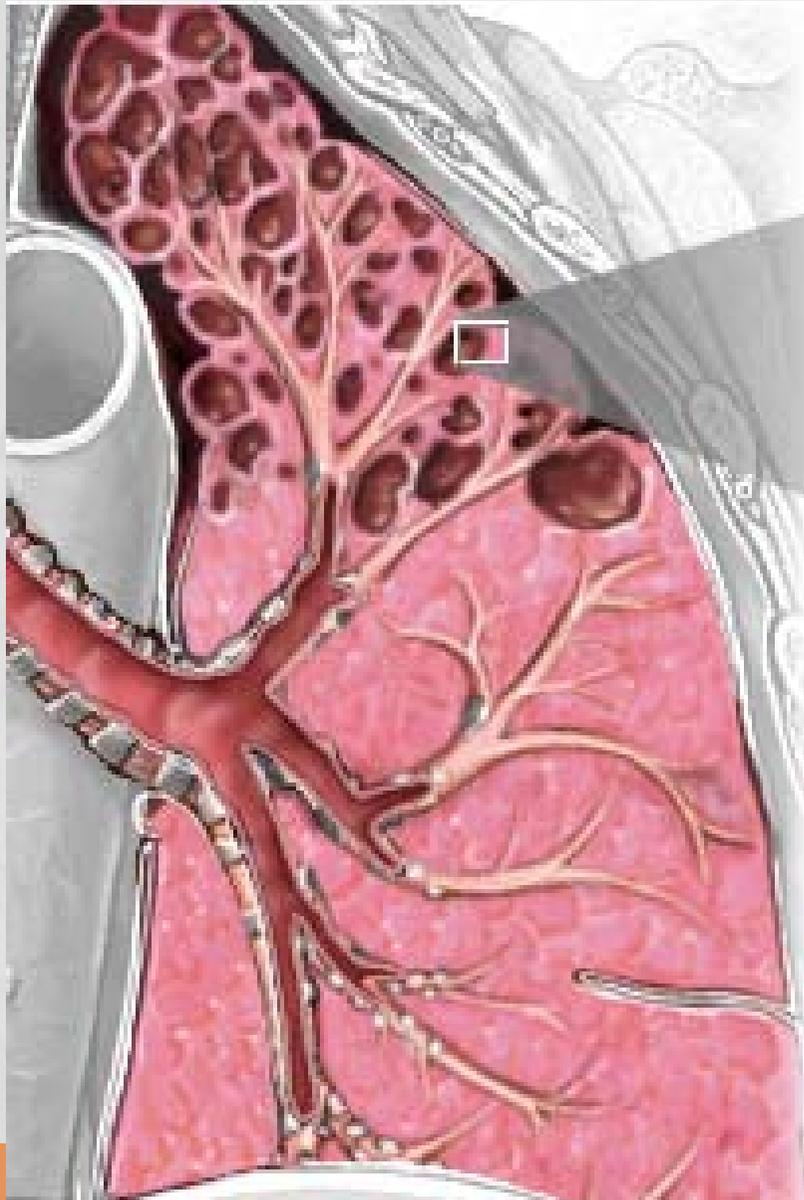
1. Cancer : lung ca., Laryngeal ca., oral ca., esophageal ca., pancrease ca., bladder ca., kindey ca., stomach ca., uterus cervix ca.
2. Respiratory : chronic bronchitis, asthma, emphysema, viral pneumonia
3. Gastrointestinal : peptic ulcer, gastric ulcer, gastro-esophageal reflux

Bronchitis

Bronchitis



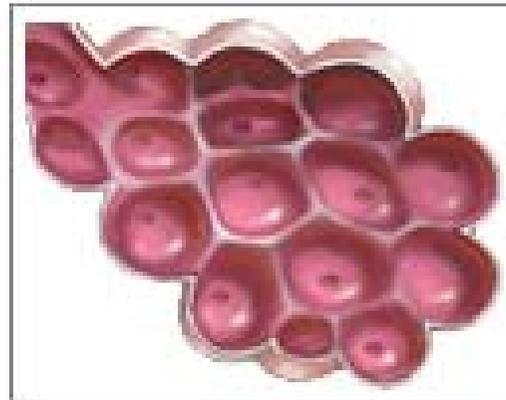
Emphysema



Alveoli with emphysema



Microscopic view of normal alveoli



Gastric Ulcer

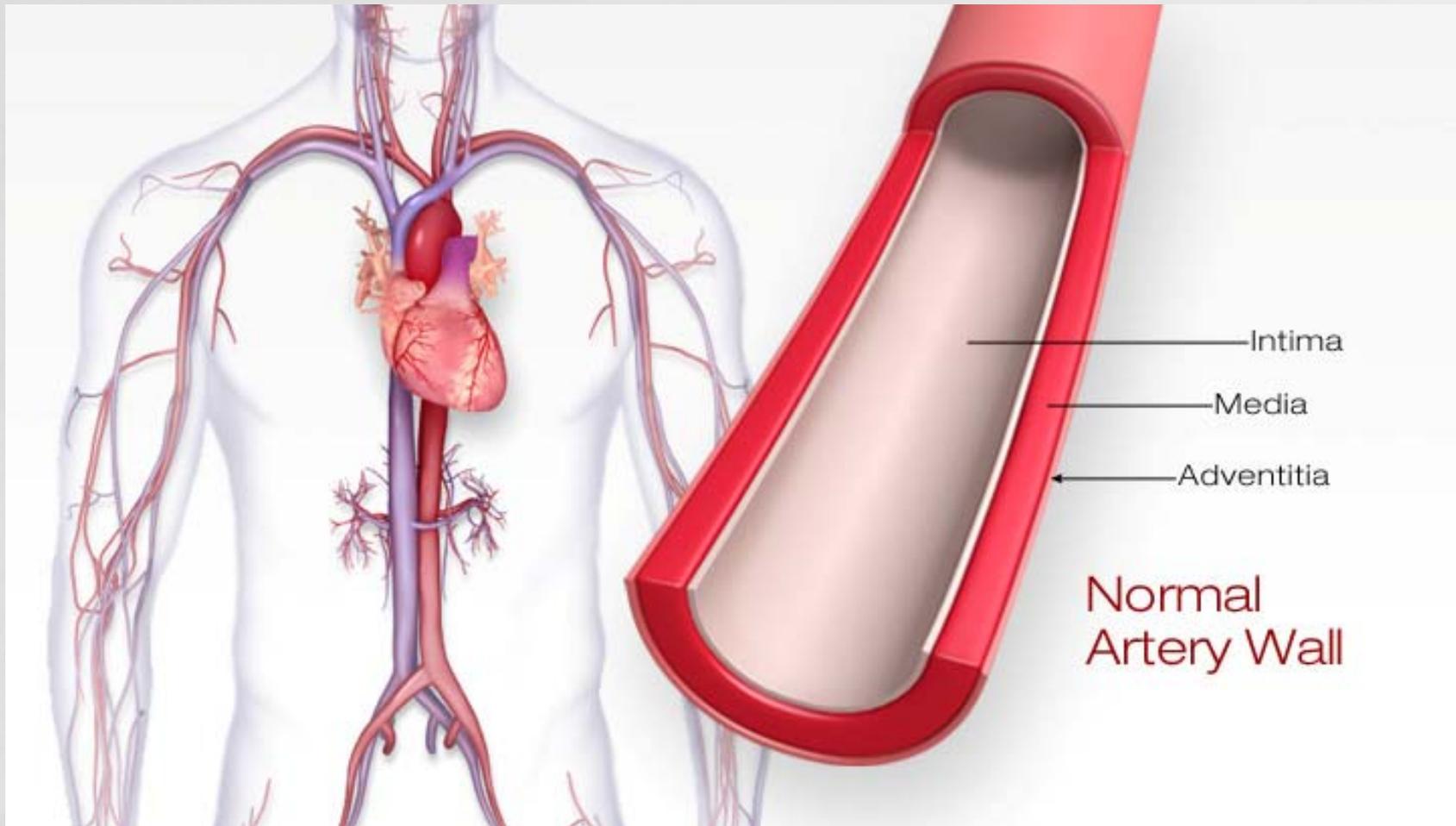


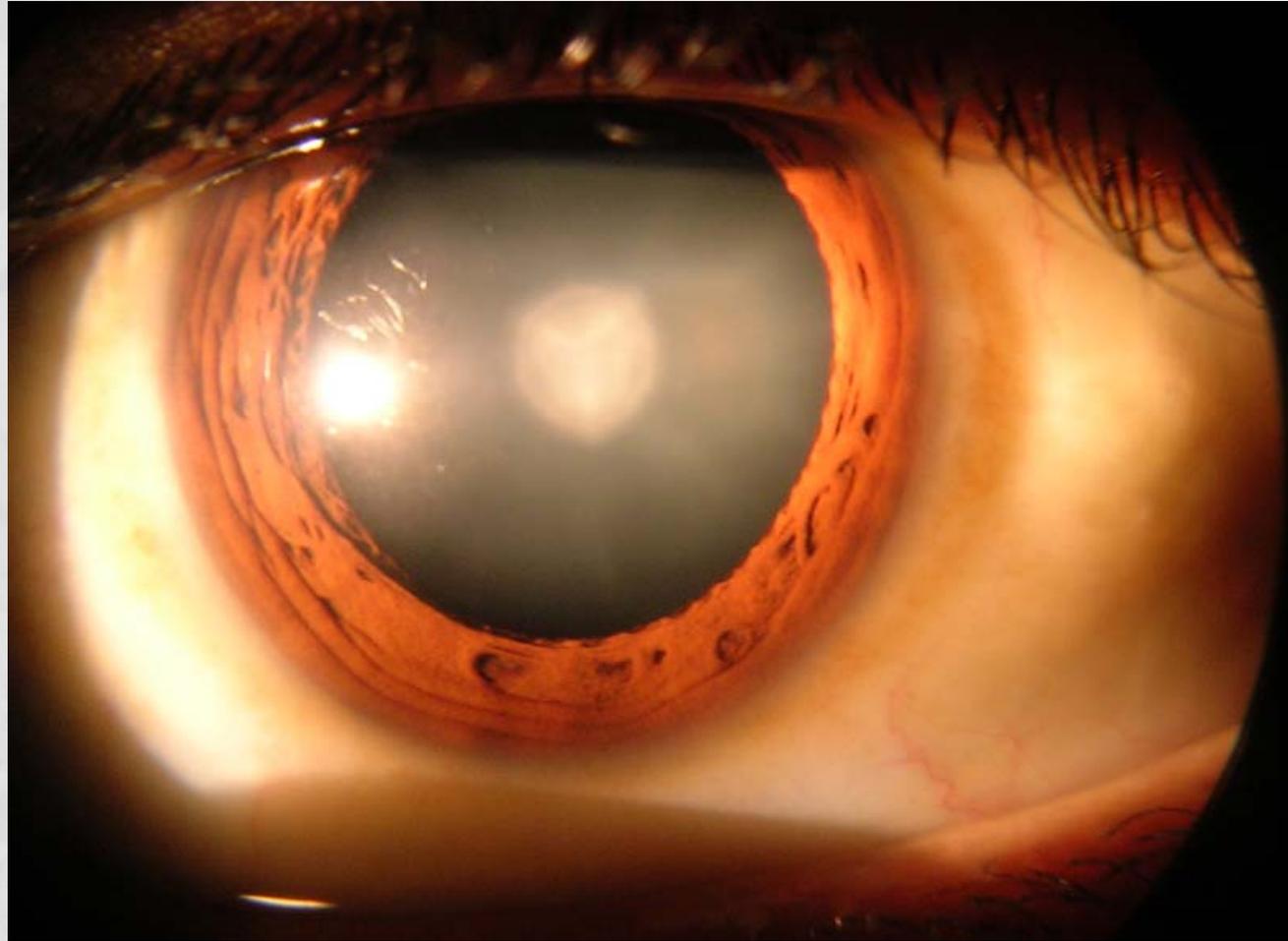
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4. Genital organs : premature baby, abortion, low birth weight infant
5. Cardio-vascular : atherosclerosis, cerebro-vascular accident, angina, ischemic heart disease, peripheral artery disease
6. Others : early menopause, osteoporosis, cataract, Grave's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

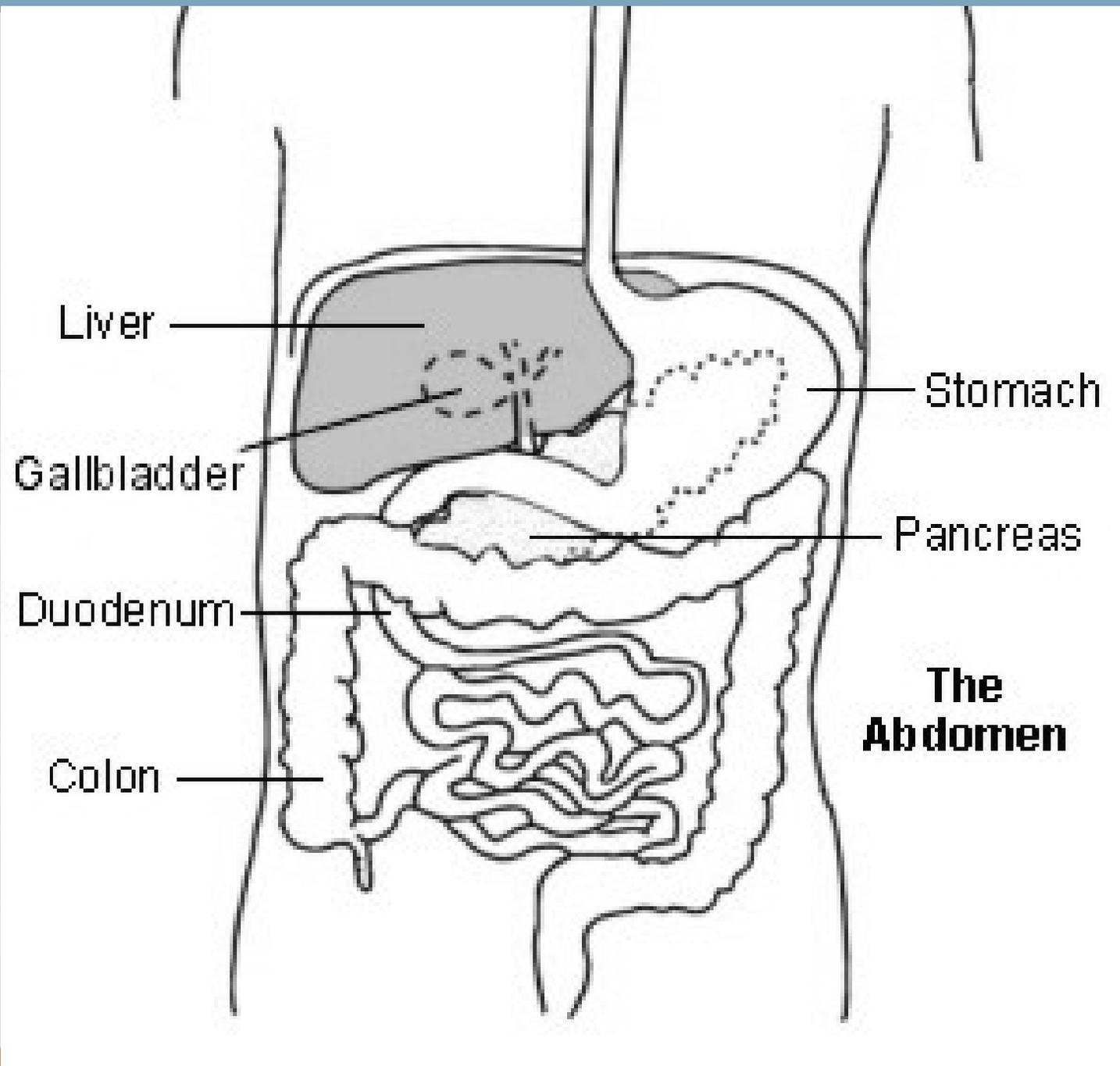
By your determined will : most important

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?





Liver

Gallbladder

Duodenum

Colon

Stomach

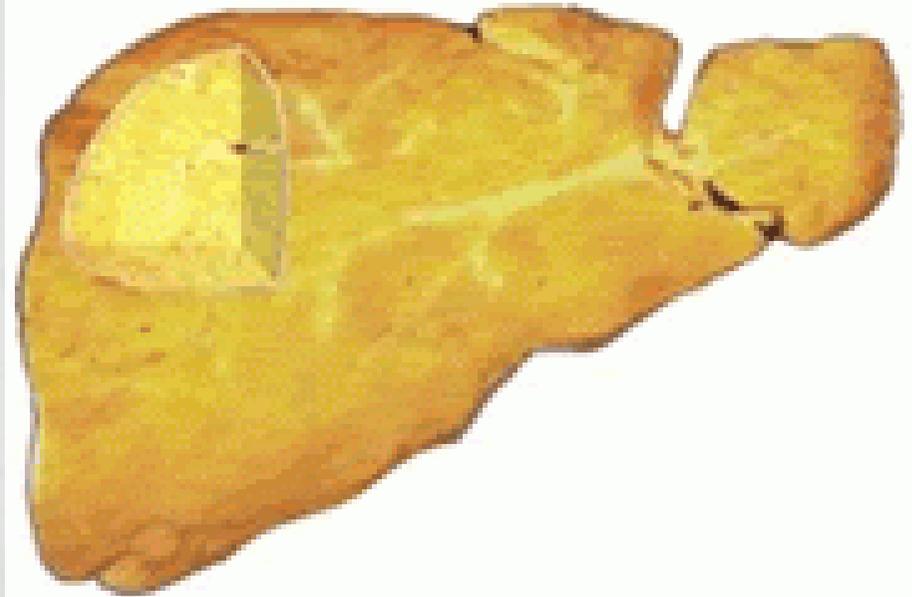
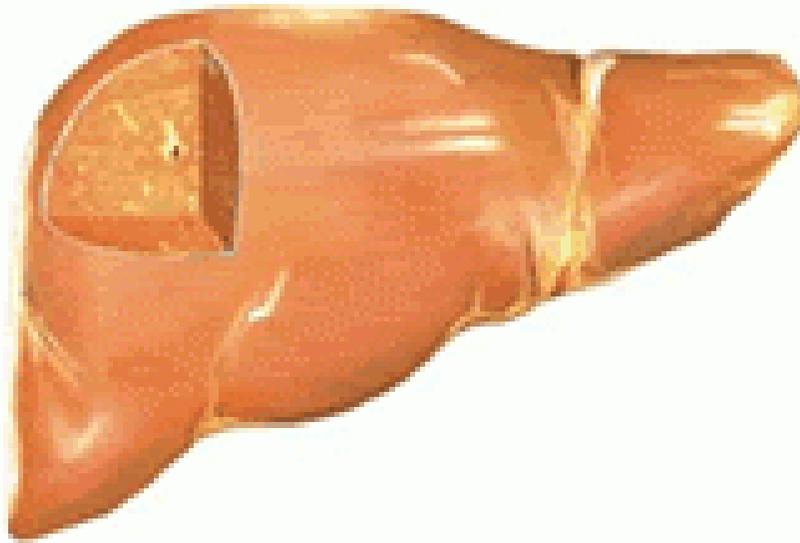
Pancreas

**The
Abdomen**

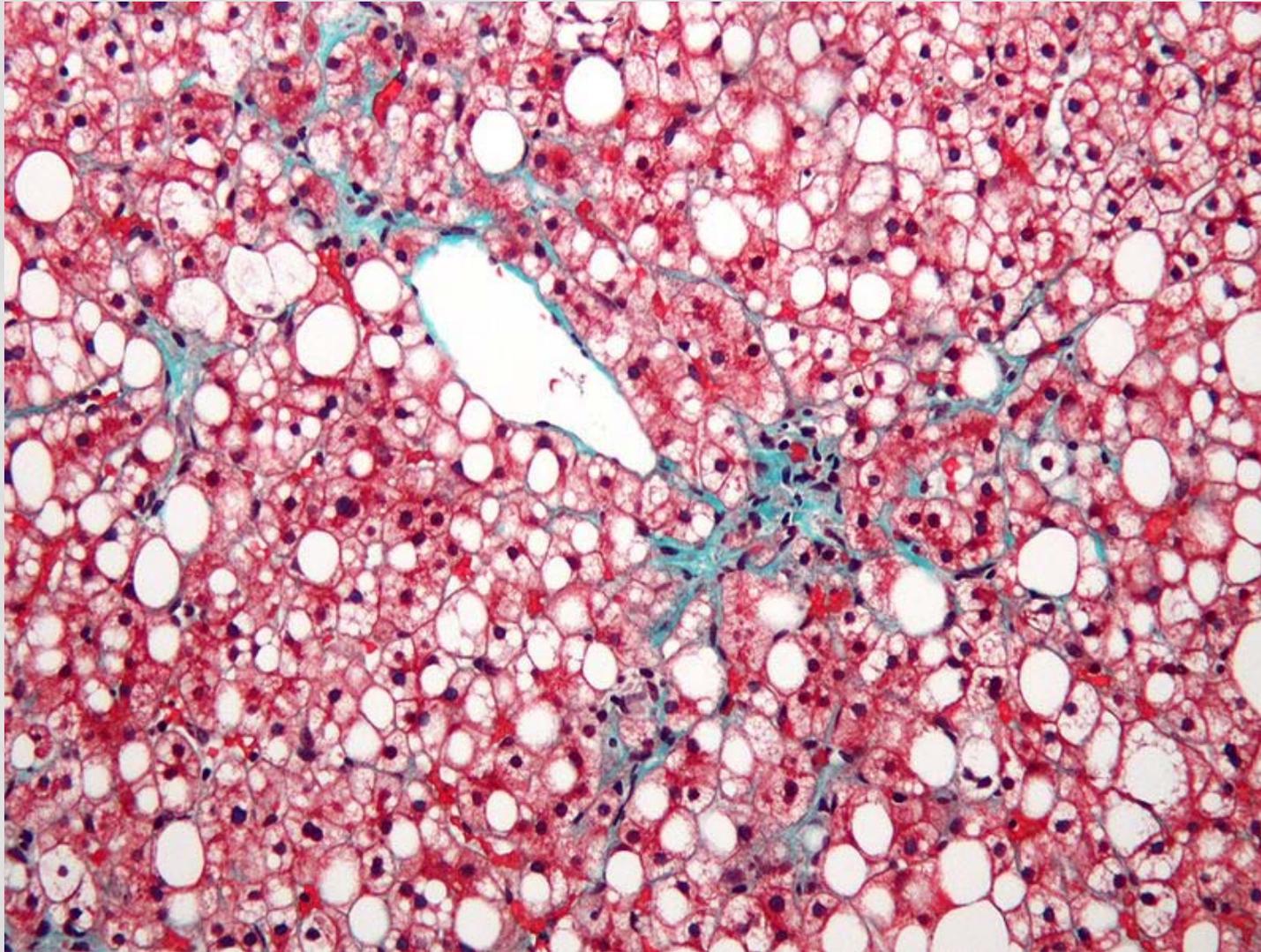
Alcohol related diseases

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

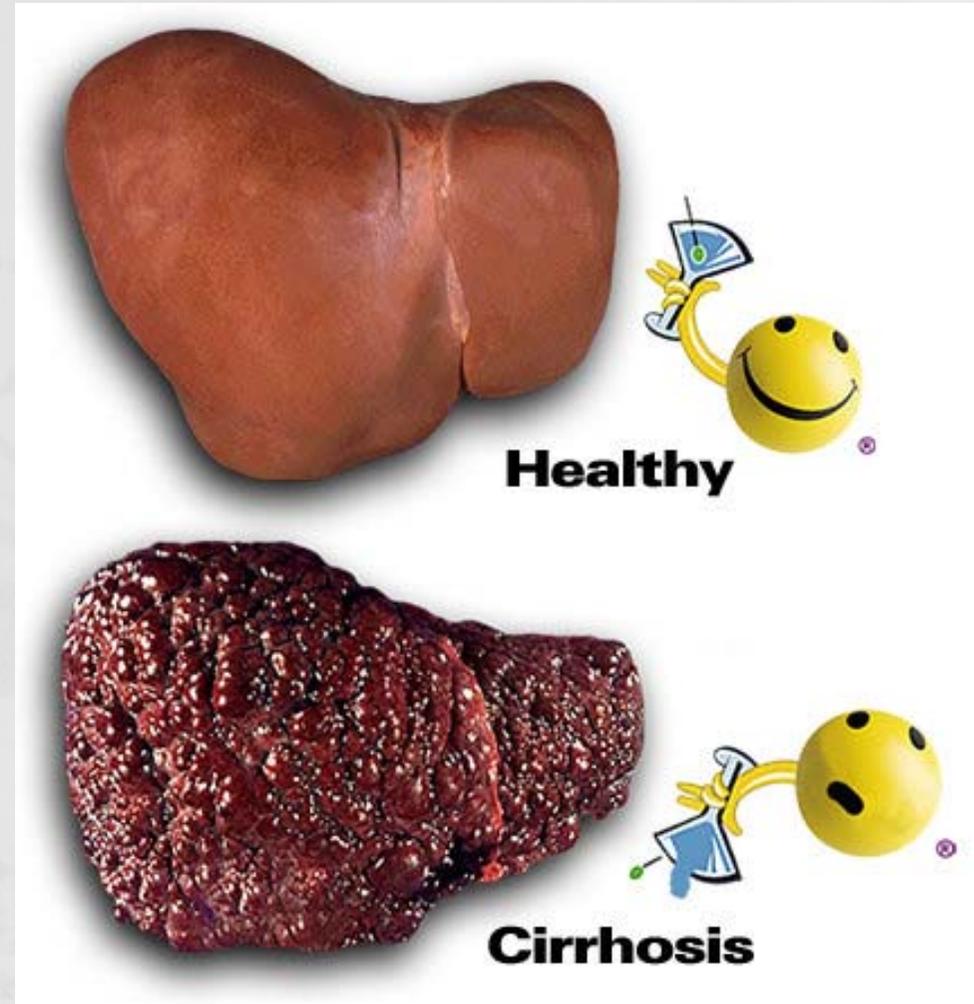


Fat in Liver Tissue



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



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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

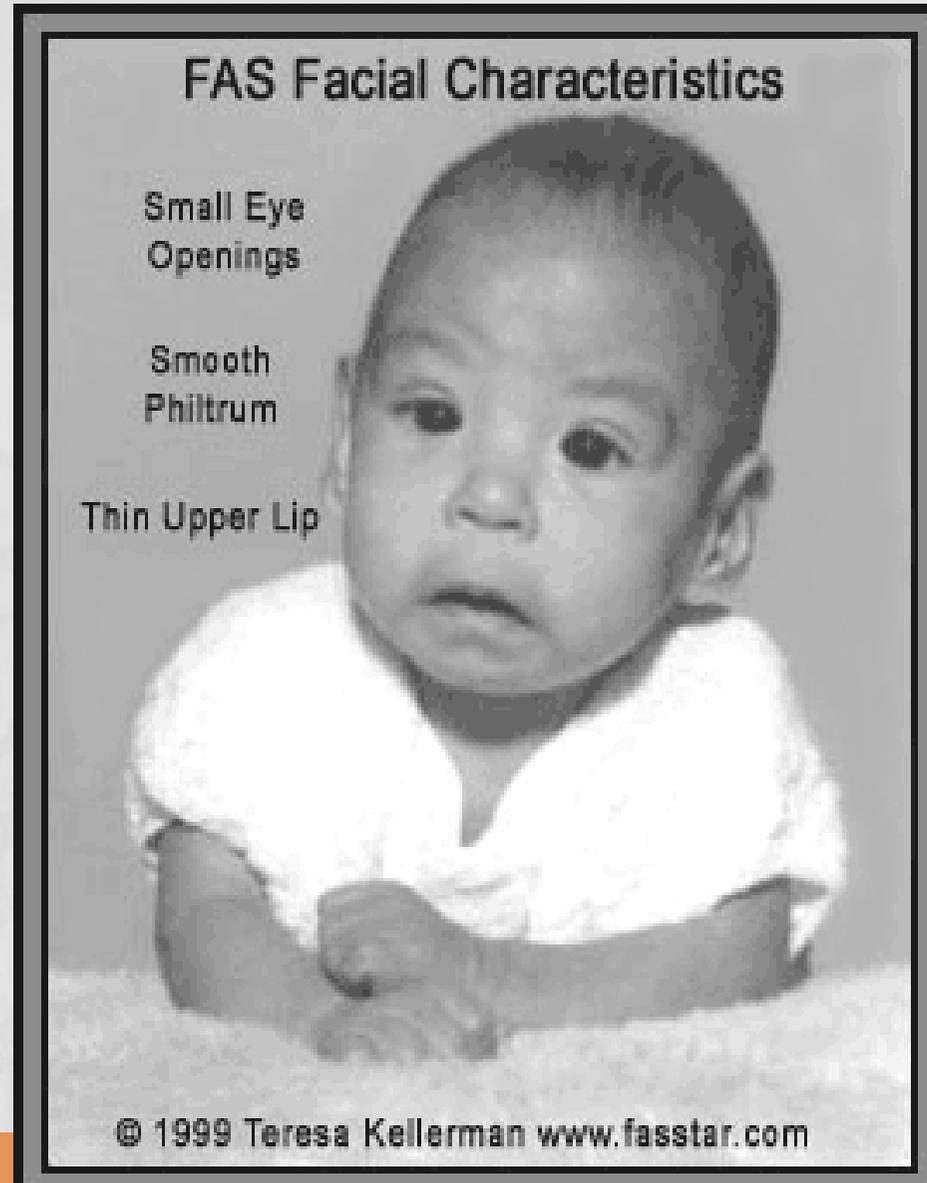
*** congenital heart disease

(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)**