

Prevalence of heart disease among smoking individuals

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ABSTRACT

Introduction: Cigarette smoking was spread in the new world. The last century use of tobacco cigarettes has been increased. The smoker has deeper inhalation that smoke finally he gets heart diseases. The awareness of smoking is not uniformly spread across the world. Smoking mostly affected. Cigarette smoking is also bad for the people around you. **Materials and Methods:** The study carried out survey on questionnaire among smoking individuals with 21 questionnaires was initially prepared in English. **Results:** About 50.5% of people using <5 cigarettes per day and 28.7% of them using more than 6 cigarettes per day and 20.8% of people smoking more 10 nearly one package of cigarette. About 29.7% of people smoking <3 years and 9.9% of them continuously smoking more than 10 years, 35.6% of smoking more than 7 years, and 24.8% of the smoking more than 3 years. About 56.4% of them maintaining the die. About 61.4% of them are taking medication for to control blood pressure. About 51.5% of them monitor regular blood pressure. **Conclusion:** In our knowledge, smoke affects the cardiovascular diseases. In directly smoke affects the cells directly and platelets also. Smoking promotes lung diseases, bladder, pelvis, pancreas, liver, and pennies. Even women have high risk of coronary heart disease due to smoking. Clinicians must play a more active role and before in supporting to the public. Several studies are testing these strategies.

KEYWORDS: Smoking, Coronary heart disease, Stroke, Hypertrophy of heart muscle, Blood cholesterol, Breathing impairment

INTRODUCTION

Cardiovascular disease is one of the main diseases seen in human population. The main risk factor for cardiac disease is changing of lifestyle; it includes westernization of food habits, working lifestyle, smoking, and alcohol intake in which could be one of main reason for occurrence of cardiac disease.^[1,2] Smoking also increases the blood vessels, thereby alternation the blood flow to the heart.^[3] Coronary heart disease is damage or disease in the heart's major blood vessel. Coronary heart has two main diseases that are attack and angina.^[4] Cardiac vascular could be explained by hypersensitivity to the action of nicotine. The effect of smoking cigarettes can be increased pulse rate and elevation of the arterial blood pressure and some flattening of T waves in the electrocardiograph.

In addition to vascular effect, smoking increases oxidative stress and inflammation; it directly

affects the myocardium leads to diastolic and systolic dysfunction.^[5] Four of five cardiac vascular disease deaths are due to heart attacks and stroke.^[6] Individuals at risk of heart disease may demonstrate raised blood pressure glucose and lipids are well as overweight and obesity.^[7] It is easily measured in primary care facilities. The increasing of mortality rate will be prevented by ensuring whether persons who have higher risk of heart disease undergoing for medical treatments.^[8] Engaging in physical activity for 30 min everyday of the week will help to prevent heart attacks and stroke. Although cigarettes smoking remains the most common risk factor for heart disease among smoking individual, few studies have explored the relationship of smoking with heart disease.^[9,10] Eating at least four serving of fruit and vegetables a day and limiting your salt intake to <½ spoon also helps to prevent heart disease. In older age persons that risk factor for heart disease may be confounded by the higher mortality.^[11,12] The chemicals present in cigarette it causes the cells that line blood vessel to become swollen and inflamed. Heart disease can also cause permanent brain damage.^[13]

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MATERIALS AND METHODS

The study carried out survey on questionnaire among smoking individuals with 21 questionnaires was initially prepared in English.

Attachment 1 Questionnaires

1. How many number of cigarettes/cigarette packet are using per day?
2. How many years your continuous smoking?
3. Did you maintain diet?
4. Whether you are taking medication for to control blood pressure?
5. Have you monitor regular blood pressure?
6. Have you know the detrimental effect of smoking/tobacco?

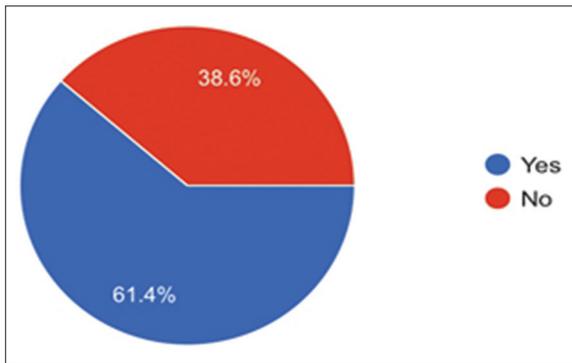


Figure 1: Detrimental effect of smoking

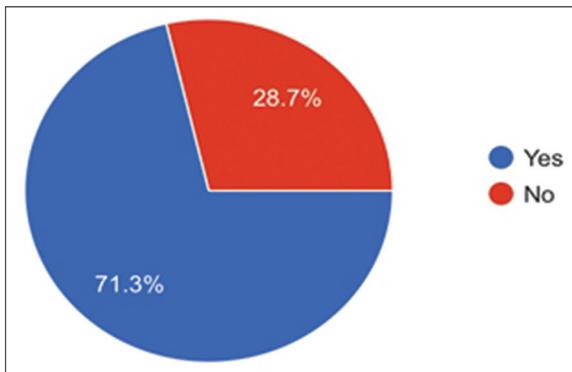


Figure 2: Idea to skip/quit habit of smoking?

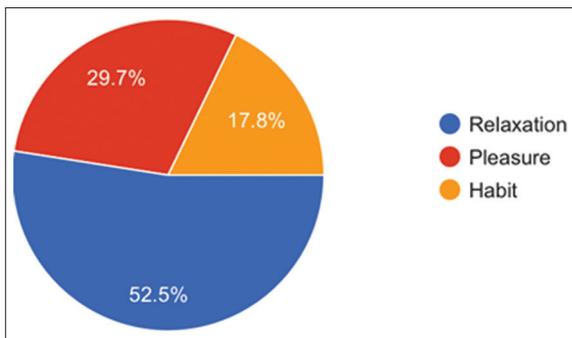


Figure 3: Initiates you to smoke often

7. Whether you know the term active/passive smoking?
8. What makes/initiates you smoke often?
9. Whether you have breathing problem?
10. Have you know smoking causes breathing impairment?
11. Whether you have chest pain intermittently?
12. Whether you know lung carcinoma caused by smoking?
13. Whether you know long-term cigarette smoking cause hypertrophic of heart muscle?
14. Have you know chain smoking causes coronary artery disease?

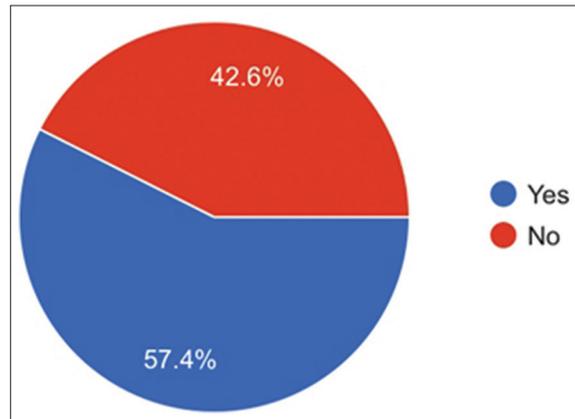


Figure 4: Long-term cigarette smoking hypertrophic of heart muscle

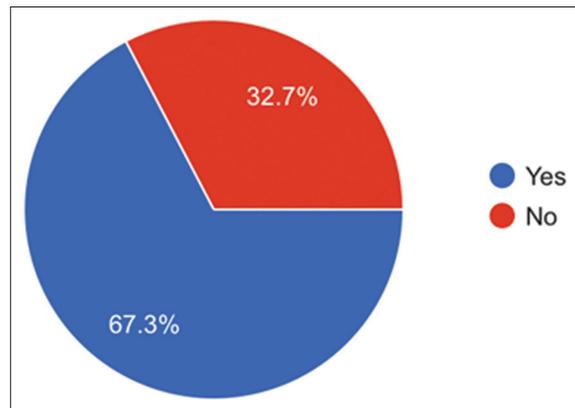


Figure 5: Smoking cause breathing impairment

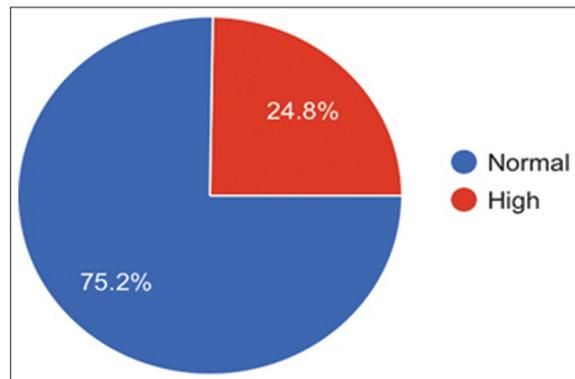


Figure 6: Blood cholesterol level

15. Do you smoke even if you are so ill?
16. Whether you know the chemical substance present in the tobacco?
17. What is your blood cholesterol level?
18. Are you are blood pressure patient?
19. How many hours once you are smoking?
20. Whether you leave an idea to skip/quit habit of smoking?
21. Whether this questionnaire gives awareness to you.

DISCUSSION AND RESULTS

The current was observed that the following results from questionnaire based survey, which was represented as charts from [Figures 1-6]. About 50.5% of people using <5 cigarettes per day and 28.7% of them using more than 6 cigarettes per day and 20.8% of people smoking more 10 nearly one package of cigarette. About 29.7% of people smoking <3 years and 9.9% of them continuously smoking more than 10 years, 35.6% of smoking more than 7 years, and 24.8% of the smoking more than 3 years. About 56.4% of them maintaining the die. About 61.4% of them are taking medication for to control blood pressure. About 51.5% of them monitor regular blood pressure. About 59.4% of people know the detrimental effect of smoking/tobacco. About 59.4% of them are known about active and passive smoking. 52.5% of people smoking for relaxation and 29.7% of them smoking for pleasure. 54.5% of them having breathing problem. About 67.3% of people know that smoking causes breathing impairment. About 46.5% of people affected by chest pain. About 62.4% of people know that lung carcinoma caused by smoking. About 60.4% of them know that chain smoking causes coronary artery disease. About 58.4% of people smoke when they are ill also. About 67.3% of them know the chemical substance present in the tobacco (nicotine). About 75.2% of people blood cholesterol level is normal. About 52.5% of them are blood pressure patient. About 12.9% of them are smoking more than 8 h once and 38.6% of them are smoking 4 h once. About 71.3% of the people going to skip the habit of smoking. About 81.2% of people say that this questionnaire gives awareness of them. Similar to the present study, Stallone, 2015, has mentioned that habit of smoking induces cardiac disease.^[14]

CONCLUSION

The present study concluded that there is high chance for developing cardiac vascular disease. You burn

cigarette and later cigarette burns you. Be aware about smoking. Smoking is one the bad habit it's dangerous to your happy and healthy life. Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including more than 41,000 deaths resulting from secondhand smoke exposure.^[15] Stop smoking and be smart.

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