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## Debunking Medical Myths: Lung Damage Is Permanent. The Irreversible Damage of Smoking

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# LUNG DAMAGE IS PERMANENT

## THE IRREVERSIBLE DAMAGE OF SMOKING

Green 25: Parker Marsh, Pragathi Pathanjeli, Mariam Samir, Dan Kim, Jacob Katzman, Liana De La Torre

### MEDICAL MYTH

A patient with a history of smoking will not develop lung disease upon smoking cessation.

### REALITY

While quitting can **significantly** reduce risk of lung disease, it does not reverse the damage that has already incurred.

### PATHOGENESIS

- COPD is a condition characterized by inflammation predominantly in peripheral airways and lung parenchyma.
- Lung destruction due to cellular apoptosis is irreversible once diagnosed with COPD



**SMOKING ACCOUNTS FOR**  
**80% OF COPD DEATHS**  
**90% OF LUNG CANCER DEATHS**

### FORMER SMOKERS VS NEVER SMOKERS

- Have accelerated lung function decline for decades after smoking cessation
- Still have smoking related lung inflammation even after quitting
- Never recover the lung elasticity destroyed by smoking that causes COPD

### MEDICAL ADVICE:

- **DON'T SMOKE**
- **SMOKING CESSATION BEFORE OBSTRUCTIVE PATHOLOGY CAN IMPROVE CONDITION**
- **FOLLOW UP WITH YOUR PCP FOR A LUNG FUNCTION TEST**
- **ASK YOUR DOCTOR ABOUT QUITTING TODAY**