

**Patient Education Projects** 

**Patient Education** 

4-22-2022

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

Daniel Kim

Wayne State University School of Medicine, hi9909@wayne.edu

Parker Marsh

Wayne State University School of Medicine, gs8420@wayne.edu

Jacob Katzman

Wayne State University School of Medicine, hi9708@wayne.edu

Liana De La Torre

Wayne State University School of Medicine, hi7430@wayne.edu

Mariam Samir

Wayne State University School of Medicine, hh9561@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat\_edu\_proj



🍑 Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health

Commons

#### **Recommended Citation**

Kim, Daniel; Marsh, Parker; Katzman, Jacob; De La Torre, Liana; Samir, Mariam; and Pathanjeli, Pragathi, "Debunking Medical Myths: Lung Damage Is Permanent. The Irreversible Damage of Smoking" (2022). Patient Education Projects. 288.

https://digitalcommons.wayne.edu/pat\_edu\_proj/288

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

<b>Authors</b> Daniel Kim, Parker Marsh	, Jacob Katzman, Liana De La Torre, Mariam Samir, and Pragathi Pathanjeli

# 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

## MEDICALMYTH

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

1. DAVIO, KELLY. "RISK OF INCIDENT LUNG CANCER DROPS BY 39% FIVE YEARS AFTER SMOKERS QUIT." AJMC, AJMC, 30 JULY 2020, HTTPS://WWW.AJMC.COM/VIEW/RISK-OF-INCIDENT-LUNG-CANCER-DROPS-BY-39-FIVE-YEARS-AFTER-SMOKERS-QUIT. 2. WILLEMSE, B.W.M., ET AL. "THE IMPACT OF SMOKING CESSATION ON RESPIRATORY SYMPTOMS, LUNG FUNCTION, AIRWAY HYPERRESPONSIVENESS AND INFLAMMATION." EUROPEAN RESPIRATORY SOCIETY, EUROPEAN RESPIRATORY SOCIETY, 1 MAR. 2004, HTTPS://ERJ.ERS.JOURNALS.COM/CONTENT/23/3/464. 3. VIJ, NEERAJ, ET AL. "CIGARETTE SMOKE-INDUCED AUTOPHAGY IMPAIRMENT ACCELERATES LUNG AGING, COPD-EMPHYSEMA EXACERBATIONS AND PATHOGENESIS." AMERICAN JOURNAL OF PHYSIOLOGY-CELL PHYSIOLOGY, 9 JAN. 2018, HTTPS://JOURNALS.PHYSIOLOGY.ORG/DOI/FULL/10.1152/AJPCELL.00110.2016. 4. CAMPLING BG, COLLINS BN, ALGAZY KM, SCHNOLL RA, LAM M. SPONTANEOUS SMOKING CESSATION BEFORE LUNG CANCER DIAGNOSIS. J THORACO ONCOL. 2011 MAR;6(3):517-24. DOI: 10.1097/JTO.0B013E318208C7DA. PMID: 21258255. 5. OELSNER EC, BALTE PP, BHATT SP, ET AL, LUNG FUNCTION DECLINE IN FORMER SMOKERS AND LOW-INTENSITY CURRENT SMOKERS: A SECONDARY DATA ANALYSIS OF THE NHLBI POOLED COHORTS STUDY. LANCET RESPIR MED. 2020;8(1):34-44. DOI:10.1016/S2213-2600(19)30276-0 6. PETER J. BARNES; CELLULAR AND MOLECULAR MECHANISMS OF ASTHMA AND COPD. CLIN SCI (LOND) 1 JULY 2017; 131 (13): 1541-1558. DOI: HTTPS://DOI.ORG/10.1042/CS201604877. WHEATON AG, CUNNINGHAM TJ, FORD ES, CROFT JB. EMPLOYMENT AND ACTIVITY LIMITATIONS AMONG ADULTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE—UNITED STATES, 2013. MMWR MORB MORTAL WKLY REP, 2015:64 (11):290-295 [ACCESSED 2020]

FEBRUARY 3].8. CUMMINGS SR, STEIN MJ, HANSEN B, RICHARD RJ, GERBERT B, COATES TJ. SMOKING COUNSELING AND PREVENTIVE MEDICINE. A SURVEY OF INTERNISTS IN PRIVATE PRACTICES AND A HEALTH MAINTENANCE ORGANIZATION. ARCH INTERN MED. 1989;149(2):345-349. DOI:10.1001/ARCHINTE.149.2.345