

Quit Smoking to avoid pulmonary diseases – 19.11.14

Hindustan Times

WORLD CHRONIC OBSTRUCTIVE PULMONARY DISEASES DAY

'Quit smoking to avoid chronic pulmonary diseases'

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LUDHIANA: The habit of smoking could lead to Chronic Obstructive Pulmonary Diseases (COPD), as the habit and age progresses. But, the disease could be avoided only by quitting smoking and that is the reason, this year COPD Day's theme is 'It's never too late'. The day is observed worldwide on November 19.

The experts say that COPD is a chronic lung disease that makes it hard to breath and it worsens with the age. COPD is caused by the damage to the lungs over many years, mainly from smoking. One can't undo the damage caused to lungs, but can prevent more damage by taking timely preventive measures.

Dr Amit Gupta, pulmonologist at Fortis Healthcare Hospital, said, "Smoking is the main cause of COPD and people smoking for more than

seven-eight years could develop the disease. Though symptoms appear in later stage, when the air ways get damaged and lungs become flattened making person unable to breathe."

Dr Gagandeep Singh, associate professor of respiratory medicine, Dayanand Medical College and Hospital, said, "In Punjab, not treating asthma in time is another reason behind causing COPD. Here, social stigmas dampen spirits of people even if they want to get the disease treated in time due to which it gradually changes into COPD."

Dr Gupta said, "Quitting smoking is possible with self determination and expert's help."

Suggesting a method to quit smoking, he said, "Four D's are important: Delay to act upon the urge to smoke, deep breathe when you feel the urge, drink water slowly and hold it in mouth, and do something else to divert mind.



BENEFITS OF QUITTING SMOKING

- If a person quits smoking before the age of 30, he will be as safe from risks as a non-smoker
- Within 72 hours blood pressure and pulse rate starts becoming normal, heart attack risk decreases and sensory abilities improve
- In couple of weeks lung functioning increases, circulation improves and walking becomes easier.
- Within a year shortness of breath and fatigue improves, coughing decreases and excessive risk of coronary heart disease becomes half than that of a smoker
- Within 10 years risk of ulcers and cancers of bladder, kidney, mouth, oesophagus, pancreas and throat decreases
- Within 15 years the risk of stroke and coronary heart disease lowers
- At every decade Risk of having a low birthweight baby drops if a woman quits before pregnancy or during first trimester.