



# Healthy Lungs

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# Chronic Lower Respiratory Disease

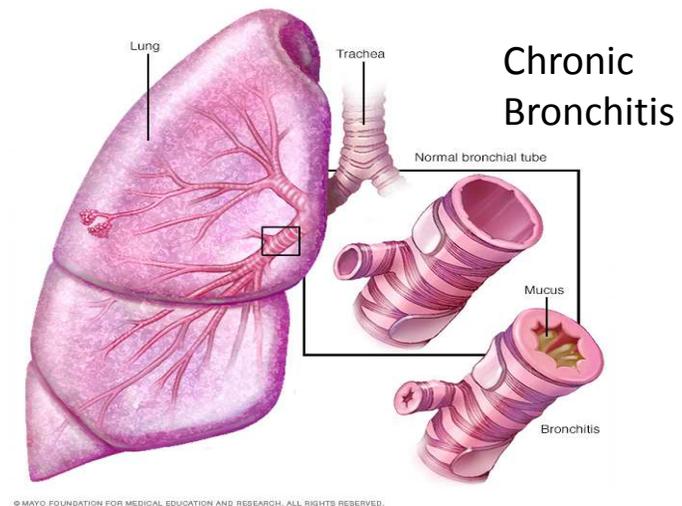
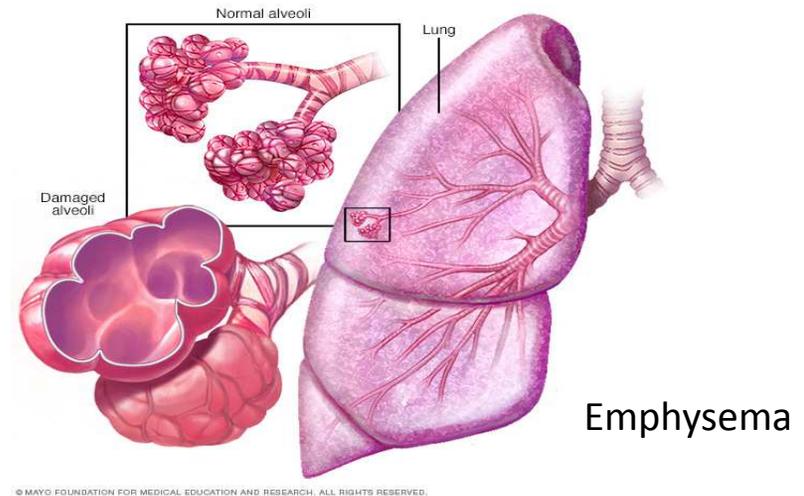
- Chronic Lower Respiratory Disease includes
  1. Chronic Obstructive Pulmonary Disease
  2. Asthma
- 3<sup>rd</sup> Leading Cause of Death in the United States.
- Oklahoma ranked the highest in the U.S. in 2015 for deaths caused by chronic lower respiratory disease.

# COPD-Chronic Obstructive Pulmonary Disease

- COPD generally involves a combination of:
  1. Chronic Bronchitis
  2. Emphysema
- Smoking is the leading cause of COPD.
- 12 million adults in the United States have a diagnosis of COPD. Another 12 million have undiagnosed COPD, meaning they do not know they have it and are not receiving treatment for it.
- COPD is one of the leading causes of disability in the U.S.
- COPD is treatable. The symptoms usually improve with treatment.

# COPD Symptoms

1. Difficulty breathing
2. Shortness of breath
3. Wheezing
4. Excess mucus
5. Coughing
6. Feeling weak and tired
7. Weight loss

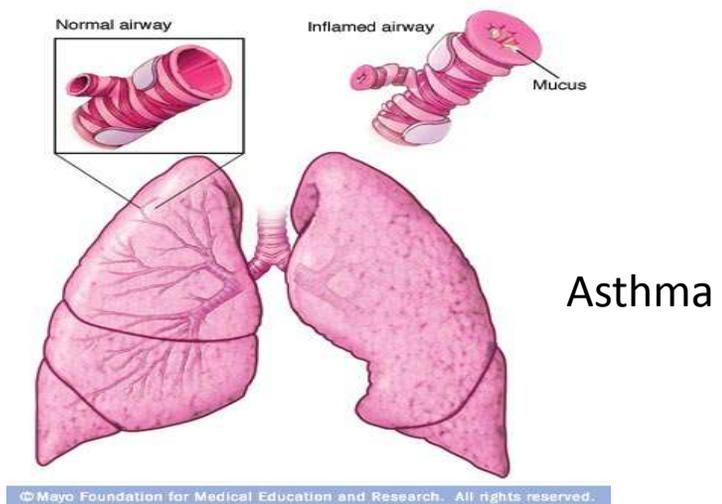


# Treatment for COPD

- Each person's COPD is different and your healthcare team will work with you to set up the best plan of care to address your needs.
- Common types of medications include: inhalers (both for quick-relief and long-term control), antibiotics to fight infection, and diuretics to remove extra fluid from your body.
- Some medications may be given through the nebulizer.
- You may also need oxygen therapy if you have low oxygen levels in your blood.

# Asthma

- Asthma is a condition in which your airways narrow, swell and produce extra mucus. This can make breathing difficult and trigger coughing, wheezing and shortness of breath.
- Asthma is the most common chronic disease of children and the leading cause of school absenteeism.
- There are approximately 22 million people in the USA diagnosed with asthma.
- There are 3 types of asthma:
  - Exercise induced
  - Occupational
  - Allergy-induced
- If properly managed, people with asthma can live a happy, healthy, active life.



# Symptoms of Asthma

- Shortness of breath
- Chest tightness or pain
- Trouble sleeping caused by shortness of breath, coughing or wheezing.
- A whistling or wheezing sound when exhaling.
- Coughing or wheezing attacks that are worsened by a respiratory virus such as a cold or the flu.

# Treatment of Asthma

- Prevention and long-term control are key in stopping asthma attacks before they start.
- Learn to recognize your triggers, take steps to avoid them, track symptoms
- For asthma flare-ups you may need a quick-relief inhaler such as albuterol. Long-term asthma medications are taken daily for long-term control of asthma.
- Allergy medications or allergy shots may help if your asthma is triggered by allergies.

# The Toll of Tobacco Use in Oklahoma

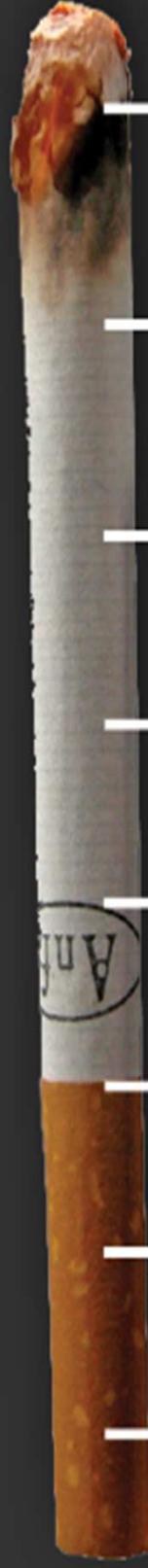
- Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined.
- Tobacco use kills more than 6,000 Oklahomans each year due to cancer, cardiovascular and respiratory disease.
- Oklahoma continues to be above the national average on smoking rates:
  - Adults in Oklahoma who smoke 22.2%
  - National Average 15.1%

Smoking costs Oklahoma businesses, taxpayers and individuals more than \$2 billion every year.

But the true cost is the number of lives lost to something that is entirely preventable.

# WHAT HAPPENS WHEN A SMOKER QUILTS

## A 15 YEAR TIMELINE



**20 MINUTES**  
after quitting

The heart rate and blood pressure drop back to normal levels.

**2 WEEKS**  
after quitting

Circulation and lung function improve.

**1 YEAR**  
after quitting

The risk of getting coronary heart disease is half as high as a smoker's.

**10 YEARS**  
after quitting

The risk of dying from lung cancer is half that of smokers'. Risk of getting pancreatic and larynx cancer also decreases.

**12 HOURS**  
after quitting

The level of carbon monoxide in the blood drops to normal.

**1-9 MONTHS**  
after quitting

Smoker "norms" (like a constant cough and shortness of breath) become less pronounced. The tiny hairs lining the lungs (aka "cilia") work normally again and clean the lungs to reduce risk of infection.

**5 YEARS**  
after quitting

The risk of contracting mouth, throat, esophagus, and bladder cancers is half of what it is for smokers. Risk of cervical cancer and stroke fall, too.

**15 YEARS**  
after quitting

The risk of heart disease is equivalent to non-smokers' risk



# Secondhand Smoke

- Secondhand smoke contains more than 4,000 chemicals—250 are known to be harmful and at least 70 cause cancer.
- Secondhand smoke kills nearly 50,000 non-smokers each year.
- 30 minutes of exposure to secondhand smoke can cause heart damage similar to that of an everyday smoker.

# Health Effects of Secondhand Smoke:

- Respiratory infections
- Asthma
- Coughing, sore throats, and sneezing
- Chronic coughing, phlegm and wheezing
- Chest discomfort
- Eye and nose irritation
- Lowered lung function
- Severe and chronic heart disease
- Middle ear infections in children
- Sudden infant death syndrome (SIDS)
- Low birth weight for babies of women exposed to secondhand smoke during pregnancy
- Cancer
- Stroke

**Secondhand Smoke**  
is toxic

**Cancer Causing Chemicals**  
All are extremely toxic

- Formaldehyde: Used to embalm dead bodies
- Chromium: Used to make steel
- Arsenic: Used in pesticides
- Lead: Once used in paint
- Cadmium: Used in making batteries
- Toluene: Found in paint thinners
- Ammonia: Used in household cleaners
- Butane: Used in lighter fluid
- Hydrogen Cyanide: Used in chemical weapons
- Carbon Monoxide: Found in car exhaust
- Vinyl Chloride: Used to make pipes
- Polonium-210: Radioactive and very toxic
- Benzene: Found in gasoline

**Toxic Metals**  
Can cause cancer  
Can cause death  
Can damage the brain and kidneys

**Poison Gases**  
Can cause death  
Can affect heart and respiratory functions  
Can burn your throat, lungs, and eyes  
Can cause unconsciousness

**Secondhand smoke has more than 4,000 chemicals.**

**Many of these chemicals are toxic and cause cancer.**

**You breathe in these chemicals when you are around someone who is smoking.**

**Secondhand smoke**  
It hurts you. It doesn't take much. It doesn't take long.

# E-cigarette facts



- E-cigarettes use is on the rise.
- With the use of cartoon characters and candy flavors studies have shown a dramatic increase in teens using e-cigarettes. Use among high school students rose from 1.5% in 2011 to 16% in 2015 (a more than 900% increase).
- Almost all e-cigarettes contain nicotine. The more nicotine a person uses, the greater the potential for addiction.
- The FDA has not found any e-cigarette to be safe and effective in helping smokers quit. In 2013 a study found that 76.8 % of people who recently used e-cigarettes also currently smoked conventional cigarettes.
- E-cigarettes expose others to secondhand emissions. The aerosol emitted by e-cigarettes and exhaled by users contains carcinogens.
- In 2016 the FDA finalized a new rule to extend its regulatory authority to all tobacco products including e-cigarettes.
  - The new rule restricts youth access to newly regulated e-cigarettes by: 1) not allowing products to be sold to those younger than 18 and requiring age verification via photo ID; and 2) not allowing tobacco products to be sold in vending machines (unless in an adult-only facility).
  - Over the next 2 years companies will have to apply to continue to sell their products. Without regulation, customers do not have a guarantee that the product is made in sanitary conditions and that the listed ingredients, including the levels of nicotine, are accurate.

# Resources for Quitting Smoking

- [Oklahoma Tobacco Helpline](#) 1-800-QUIT-NOW
- [Become an Ex](#)
- [Tobacco Stops With Me](#)
- [My Last Dip](#)
- Oklahoma State Department of Health – [Tobacco Prevention Program](#)
- [Breathe Easy](#)
- [TSET](#)

# #SmokingIsNotOK

<https://www.youtube.com/watch?v=KvLehL1zeXA>

- Smoking is not **OK**.
- It's not **OK** for you.
- It's not **OK** for your family.
- It's not **OK** for our state.



#SmokingIsNotOK

