

Smoking And Coronary Heart Disease Impact

*Dr. Anurag Rawat, **Dr. Manjusha Hivre, ***Dr. Aniketa Sharma, ****Syed Akbar Abbas Zaidi, *****Dr. MD. Zainal Abedin, *****MD. Hasibul Hasan

*Associate Professor, Department of Cardiology, Himalayan Institute of Medical Science, Dehradun, Uttarakhand, Email:- anuragrwt@gmail.com

**Assistant Professor, Department of Biochemistry, MGM Medical College, Navi Mumbai, Maharashtra, Email:- drmanjushahivre@gmail.com

***Assistant Professor, Department of Medicine, DR. YSR Government Medical College Nahan, District-Sirmour, H.P., Email:- aniketa.shonyo786@gmail.com

****Assistant Professor, Dental Education Department, Bahria University Health Sciences, Pakistan Email:- akbrabbas_91@hotmail.com

*****Consultant, Department of Cardiology, Lalmonirhat District Hospital, Rangpur, Bangladesh Email:- winjewel@gmail.com

*****M.Sc., Department of Applied Nutrition and Food Technology, Islamic University, Bangladesh Email:- hasib0642@gmail.com

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Abstract

Tobacco smoking is still a significant cardiovascular disease warning element and the top preventable death cause globally. The negative consequences of cigarette smoking and coronary heart problems are greater than initially assumed. The formation and advancement of heart problems, cardiac arrhythmia, including endothelial dysfunction, along with ischemic cardiovascular disorders, ought to be of special concern to physicians treating tobacco users. An emerging problem is the increasing usage of heat-not-burn cigarettes as a substitute for cigarettes. Changing how tobacco is delivered does not eliminate its negative consequences. For this particular research work, the researcher chose the impact of smoking on coronary heart disease as the research topic. The introductory part defined that coronary heart disease and tobacco consumption increase the risk of such disorders. The literature review part assessed the impact of tobacco smoking, passive smoking and smokeless tobacco on coronary heart diseases. The secondary research analysis is chosen as the research methodology for this particular work. In the result and recommendation parts, the researcher discussed how smoking affects blood pressure and cerebral blood flow along with the suggestive measures to prevent the smoking habits of the population. A significantly higher incidence of coronary heart problems including stroke is associated with a daily smoking habit of merely one cigarette. There is no acceptable threshold for smoking concerning the cardiovascular disease. To dramatically minimise their risk for such frequent serious diseases, smokers should strive to stop rather than reduce.

Keywords: tobacco smoking, second-hand smoke, unhealthy, coronary heart disease (CHD), cardiovascular, blood pressure, smoke-free

Introduction

As with the majority of noncommunicable chronic illnesses, coronary heart disease or CHD is complicated and impacted by interconnected personal, societal, as well as commercial variables (Sanchis-Gomar et al., 2016). Important risk factors include unhealthy habits including cigarette use, alcoholism, poor diets, as well as inadequate physical activity. Such factors, as well as the health disorders that emerge from them, including overweight and diabetes, boost the chance of having CHD (Sanchis-Gomar et al., 2016).

Tobacco consumption (either smoking or smokeless) including contact with second-hand smoke or SHS contributes to heart disorders through several pathways, such as inflammation, vascular constriction, thrombus formation, as well as decreased oxygen flow (Gallucci et al., 2020). Along with actively harming coronary arteries, tobacco consumption increases levels of hazardous oxidised low-density lipoprotein as well as decreases amounts

of advantageous high-density lipoprotein (that eliminates surplus cholesterol placed inside the arteries), resulting in a boost in lipid reserves (plaque) in the area of damage inside the arteries, a condition referred to as atherosclerosis (Bogari et al., 2022). Greater extracellular lipid concentration inside the plaque of smokers makes the plaque more susceptible to collapse (Bogari et al., 2022). Endothelial damage and malfunction enhance platelet adhesion as well as result in thrombosis, and the development of blood clotting. In addition to causing hypercoagulability, tobacco use increases the incidence of acute thrombosis. It indicates that smoking-mediated thrombosis represents a substantial contributor to the aetiology of acute cardiovascular problems (Gallucci et al., 2020).

Literature Review

Tobacco smoking causes coronary heart disease

Smoking is causally linked to CHD-related morbidity and death in a well-established manner. The disorders account for 9.4 million, or 16.6 per cent, among the 56 million yearly fatalities worldwide (Puig-Cotado et al., 2020). Smoking is accountable for 1.62 million, or 18 per cent, of deaths around the world due to CHD, and is predicted to contribute 40.6 million disability-adjusted life-years or DALYs for decreased health due to CHD (Puig-Cotado et al., 2020). The potential for cardiovascular function impairment rises with the smoking period, as well as with the amount and kind of inhaled tobacco substances ingested. However, the significant dose-response connection is not proportional (Ding et al., 2019). Even at modest exposure rates, the incidence is significantly elevated; individuals who consume one cigarette daily have half the chance of coronary heart disease compared to those who consume a minimum of 20 cigarettes daily (Banks et al., 2019). In addition to being a major standalone risk variable for developing CHD, tobacco use has a combinatorial effect with other important CHD risk variables, including excessive blood cholesterol, uncontrolled hypertension, as well as type 2 diabetes (Banks et al., 2019).

Passive smoking increases coronary heart disease

In 2017, a projected 382,000 persons died from CHD due to contact with SHS, comprising 4.3 per cent of all CHD fatalities and 31 per cent of all SHS-related fatalities (Puig-Cotado et al., 2020). During the same time, SHS exposure has been projected to be accountable for 8.8 million DALYs wasted due to CHD (Puig-Cotado et al., 2020). Diverse systematic studies as well as meta-analyses reveal that the persons susceptible to SHS across high- to low-income nations possess a 23 to 30 per cent greater risk of acquiring CHD (Puig-Cotado et al., 2020). The detrimental consequences of adolescent SHS contact on the formation of cardiac disorders, particularly early-onset atherosclerosis, have been demonstrated by cohort studies conducted throughout the 1970s as well as the 1980s in numerous nations (Khoramdad et al., 2020). Properly estimating lifetime susceptibility to SHS remains a key obstacle in these investigations. The total lifetime SHS contact may be much larger than represented during the research period (Abu-Baker, Al-Jarrah and Suliman, 2020), resulting in a possible underestimating of the real hazard and consequence of SHS contact on CHD.

Coronary heart disease as well as smokeless tobacco

WHO estimates that approximately 380 million individuals worldwide consume smokeless tobacco items (13 million adolescents aged thirteen to fifteen as well as 367 million individuals aged 15 and older) (Puig-Cotado et al., 2020). While South-East Asia has the highest prevalence of smokeless tobacco consumers, the prevalence of tobacco consumption is growing throughout other areas of the globe (Gupta et al., 2019). In contrast to studies on smoked tobacco, studies on the biological consequences of smokeless tobacco remain relatively new, as well as the conclusions are less reliable. In Asia, research indicates a correlation involving smokeless tobacco usage and catastrophic and nonfatal cardiovascular disease. Nonetheless, similar connections are rarely detected throughout Europe (Hajat et al., 2021). After correcting for smoking habits, one 2006 case-control research (INTERHEART assessment of information from 52 nations) indicated that smokeless tobacco consumers throughout Asia experienced an elevated incidence of deadly cardiovascular disease (Puig-Cotado et al., 2020).

A 2015 worldwide study detailed the expanding amount of information about the medical burden caused by smokeless tobacco usage. Using data spanning 113 nations, the research predicts overall smokeless tobacco usage

was responsible for 204 000 fatalities (or 2.4 per cent of total CHD fatalities during 2010) (Puig-Cotado et al., 2020). In 2010, the research predicts that smokeless tobacco usage led to the loss of 4.7 million DALYs attributable to CHD (Puig-Cotado et al., 2020).



Figure 1: Facts about tobacco use and heart disease

Source: Jacobs, 2021

Research Methodology

To easily obtain a range of already compiled information sources for the study, archives and the internet are going to be employed. This detail has been generally in several online portals like Google Scholar, Microsoft Academic and more, so the author does not need to conduct their research to find it. Once researchers can get the details right ahead, they can keep moving the assessment more quickly (Chatfield, 2020). In an attempt to maintain research costs low, there are several secondary data clusters that researchers can get for free or for a small fee. Furthermore, the researcher does not have to place as much work because the explanatory research design saves time (Chatfield, 2020). Details from secondary sources can give pre-research findings and relevant information on effects, which can help decide if or not the study should be accomplished. By figuring out what previous researchers don't recognise, the researcher can do more in-depth research in the long term (Chatfield, 2020).

Result and Discussion

Smoking and high blood pressure

There is a lot of information about how smoking affects lipid levels or even insulin resistance, but there is less information about how smoking affects blood pressure. In 2010, Virdis et al. (2010) added that smoking causes high blood pressure right away by making the sympathetic nervous structure work harder. For chronic smokers, the information researchers did not show that smoking actually causes high blood pressure, and quitting smoking does not lower blood pressure anymore. Still, smoking's consequence on vascular resistance could have a massive influence on central cardiac output, which is more intimately correlated to the impairment to target organs, than on brachial blood pressure (Virdis et al., 2010). In recent research, Saladini et al. (2016) looked at how smoking affected the peripheral as well as central blood pressure among a young group of individuals with stage I high blood pressure (Saladini et al., 2016). Foundational systolic blood pressure, as well as pulse pressure, have been

both extremely high in people who smoke compared to non-smokers. This suggests that smoking has a greater influence on central blood pressure compared to peripheral blood pressure (Saladini et al., 2016).

Smoking and blood flow to the brain

Furthermore, smoking affects the circulation of blood into the brain, which makes strokes more likely and worse when they occur. Smoking makes it harder for nitric oxide or NO to boost blood flow by decreasing NO production inside the endothelial cells of the cerebrovascular system (Gallucci et al., 2020). This affects blood flow as well as glucose metabolism inside the cerebral circulation. Endothelial devastation becomes the major issue of such impact inside the brain and other vascular beds. (NO)-mediated dilatation is lowered by inhibiting nitric oxide synthase of endothelium or eNOS as well as the neurons or nNOS and therefore by making too many oxygen radicals (Gallucci et al., 2020). Nicotine has both short-term and long-term effects on eNOS as well as hurts the way nitrenergic nerves work. These effects cause the production of amyloid beta, which cuts off blood flow faster and could be a cause of Alzheimer's disease (Toda and Okamura, 2016).

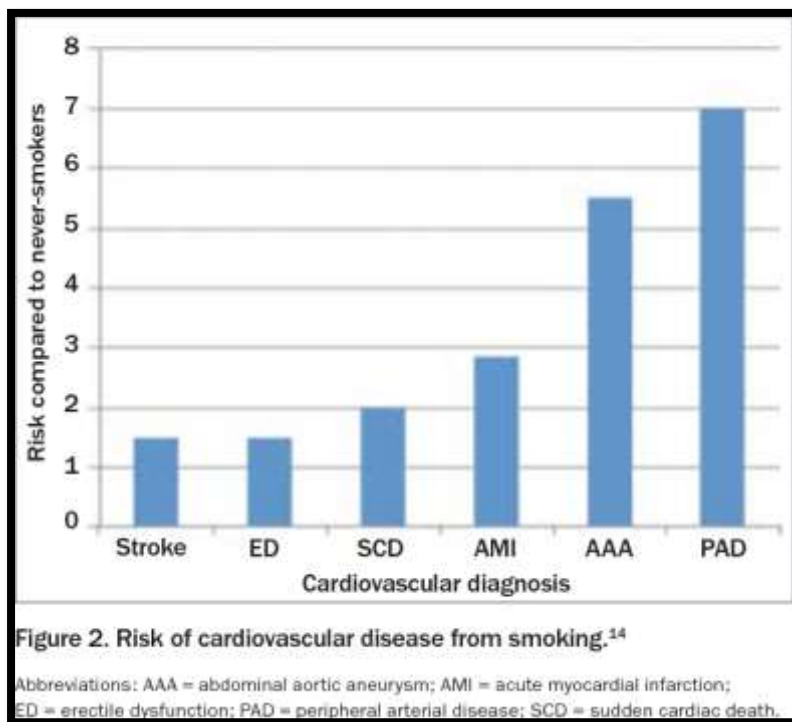


Figure 2: Smoking and risk of cardiovascular diseases

Source: Mendelsohn, 1984

Conclusion and Future Scope

Cigarette smoking becomes the main reason for diseases which can be interrupted if people stop smoking. The valuation of Pack-years becomes the main factor that determines the uncertainty of heart disease caused by smoking. This has also been shown that smoking less daily for a prolonged duration is much riskier than smoking much daily for a shorter time (Lubin et al., 2016). All of these facts show how important it is to stop smoking, not just cut down on it. All health stakeholders must continue to be committed to the fight against smoking since the strongest tool is not to smoke anyway. To get to this significant goal, it is crucial to fight against most unhealthy lifestyle habits at the community level.

Recommendations

The recommendations to make people aware of the adverse effects of smoking and coronary heart disease are-

Activities at the community level

To stop CHD fatality caused by smoking, people need a multi-sectoral, all-encompassing plan that includes healthcare systems. By building tobacco-cessation assistance into primary healthcare setups, nations are more able to enhance the performance of details and degree of assistance given to people who smoke and expand the accessibility of their offerings. Cardiac healthcare professionals and organisations can help by setting a good example and not smoking themselves. They can also make sure that almost all healthcare units, universities, workshops, organisations, and training spaces are 100 per cent smoke- as well as tobacco-free (Joossens, Feliu and Fernandez, 2020).

Healthcare providers, like doctors, nurses, chemists, and specialists, along with health organisations, should spread the word about how smoking and being around second-hand smoke hurt the cardiovascular mechanism and how good it can be to stop.

Activities at the individual level

People who smoke must respect places that don't allow smoking, and everyone must help friends, relatives, and co-workers who wish to stop smoking or using tobacco. Health experts suggest that adults who smoke use a mix of behaviour modification and pharmacotherapy to help them quit as quickly as possible (Arnett et al., 2019). Non-smokers must request that all confined public places be made smoke-free as well as make sure they are not compromised to SHS at residence, at employment, or inside indoor public locations.

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