



SMOKING AND LUNG HEALTH

August 22, 2019 – With the “My Life, My Quit” campaign in full effect, District Health Department #10 (DHD#10) wants to remind people that reducing tobacco use and second-hand smoke exposure is the number one way to improve lung health.

Any type of exposure to tobacco can have many harsh, lasting consequences on lung health:

Early life: Infants exposed in utero to tobacco smoke toxins, through maternal smoking or second-hand maternal exposure, frequently experience reduced lung growth and function. Young children exposed to second-hand smoke are at risk to the onset or exacerbation of asthma, pneumonia, and bronchitis, as well as frequent lower respiratory infections.

Chronic respiratory disease: Tobacco smoking is the leading cause of chronic obstructive pulmonary disease (COPD), a condition where the build-up of mucus in the lungs results in a painful cough and severe breathing difficulties. The risk of developing COPD is particularly high among individuals who start smoking at a young age, as exposure to tobacco smoke significantly slows lung development.

Tuberculosis: Tuberculosis (TB) is a disease that damages the lungs and reduces lung function, which can be worsened by smoking tobacco. Smoking can increase the risk of contracting TB, increase the risk of recurrent TB, and impair the response to treatment of the disease.

Lung cancer: Tobacco smoking is the primary cause of lung cancer, responsible for over two thirds of lung cancer deaths globally. Second-hand smoke exposure at home or in the work place also increases risk of lung cancer. There is hope though. Quitting smoking can reduce the risk of lung cancer, refraining from smoking after 10 years of quitting smoking, risk of lung cancer falls to about half that of a smoker.

Air pollution: Tobacco smoke is a very dangerous form of indoor air pollution. It contains over 7,000 chemicals, 69 of which are known to cause cancer. Though smoke may be invisible and odorless, it can linger in the air for up to five hours, putting those exposed at risk of lung cancer, chronic respiratory diseases, and reduced lung function.

Act now: Tobacco smoke has major consequences for lung health, so abstaining, quitting and/or reducing exposure to second-hand smoke can help keep lungs safe and healthy from disease.

For more information about the “My Life, My Quit” campaign visit www.mylifemyquit.com. For help quitting visit www.cdc.gov/tips, call the Michigan Tobacco Quitline at 800-QUIT-NOW (800-784-8669), or contact Karen Ripke, Tobacco Treatment Specialist for DHD#10 at 231-305-8659 for more information.



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About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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