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Correlation between Smoking and Pulmonary Function: A Narrative Review

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Abstract

Background: Smoking has emerged as the major cause of mortality worldwide. Smoking became a prime cause of mortality and disease burden by causing 6.4 million deaths, with an average of six deaths per second and 168 million disability-adjusted life years globally. Smoking was a potential risk factor for several non-communicable diseases and is the major cause of morbidity and mortality among millions of people globally. Cigarette smoking is a pervasive high-risk behavior associated with early emergence and rapid progression of chronic disease in middle life. Most smoking-related deaths are due to cancer Cardiovascular Disorders cardiovascular disease, and Chronic Obstructive Pulmonary Disease (COPD), much less is known about its impact on pulmonary disease risk as well as the underlying path of mechanisms. So this study will be underpinning all the changes associated with Smoking behavior and changes in Pulmonary Functions. The purpose of this literature review was to examine the available evidence about the relationship between Smoking and Pulmonary functions. 25 articles included as identified through searches of published studies in major databases namely Google Scholar, PubMed, PEDro, etc. using keywords such as "Smoking and Pulmonary Function" and by Cross-referring. Only articles published after the year 2005 were included in the study. Consumption of tobacco smoke leads to a sudden increase in airway resistance that lasts for an hour due to smooth muscle constriction produced by irritant receptors (Mystry et al., 2014). Smoking for a prolonged period may affect ciliary movements, and inhibitory actions of alveolar macrophages paving the path for hypertrophy and hyperplasia of mucosal glands and thus leading to pulmonary problems in Smokers. Though the relationship between smoking and Pulmonary function is well established; the studies to improve pulmonary functions are very less. Thus, it is important to study the various strategies to manage Pulmonary function deterioration in smokers.

Keywords: *Smoking, Smokers, Pulmonary Function, COPD.*