Debunking Medical Myths: Lung Damage Is Permanent. The Irreversible Damage of Smoking

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LUNG DAMAGE IS PERMANENT
THE IRREVERSIBLE DAMAGE OF SMOKING
Green 25: Parker Marsh, Pragathi Pathanjeli, Mariam Samir, Dan Kim, Jacob Katzman, Liana De La Torre

MEDICAL MYTH
A patient with a history of smoking will not develop lung disease upon smoking cessation.

REALITY
While quitting can significantly reduce risk of lung disease, it does not reverse the damage that has already incurred.

PATHOGENESIS
- COPD is a condition characterized by inflammation predominantly in peripheral airways and lung parenchyma.
- Lung destruction due to cellular apoptosis is irreversible once diagnosed with COPD

SMOKING ACCOUNTS FOR
80% OF COPD DEATHS
90% OF LUNG CANCER DEATHS

FORMER SMOKERS VS NEVER SMOKERS
- Have accelerated lung function decline for decades after smoking cessation
- Still have smoking related lung inflammation even after quitting
- Never recover the lung elasticity destroyed by smoking that causes COPD

MEDICAL ADVICE:
- DON’T SMOKE
- SMOKING CESSATION BEFORE OBSTRUCTIVE PATHOLOGY CAN IMPROVE CONDITION
- FOLLOW UP WITH YOUR PCP FOR A LUNG FUNCTION TEST
- ASK YOUR DOCTOR ABOUT QUITTING TODAY