

Cigarette Smoking and Lung Disease

Emphysema

Emphysema is permanent damage to the lungs. The lungs lose their ability to stretch and recoil. The lung tissue becomes weakened and breaks. The flexibility of the lung tissue is lost. Air is trapped in the lungs. The support of the airways is also lost, blocking airflow.

Symptoms include:

- *Shortness of breath*
- *Chronic cough*
- *Wheezing*
- *Anxiety*
- *Fatigue*



Healthy lung



Lung with emphysema

There is no cure for emphysema. The single best way to treat emphysema is to *stop smoking*.



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Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) includes emphysema and chronic bronchitis.

Chronic bronchitis is the irritation and scarring of the lungs.

Smoking is responsible for 80-90 percent of COPD cases.

A smoker is 10 times more likely than a nonsmoker to die of COPD.

Symptoms of COPD include:

- *Chronic coughing*
- *Frequent colds and lung infections*
- *Difficulty breathing*

Often, COPD is not diagnosed until the lungs have already been permanently damaged.

There is no cure for COPD, but you can keep this disease from becoming worse by *stopping smoking*.