

Rauchen

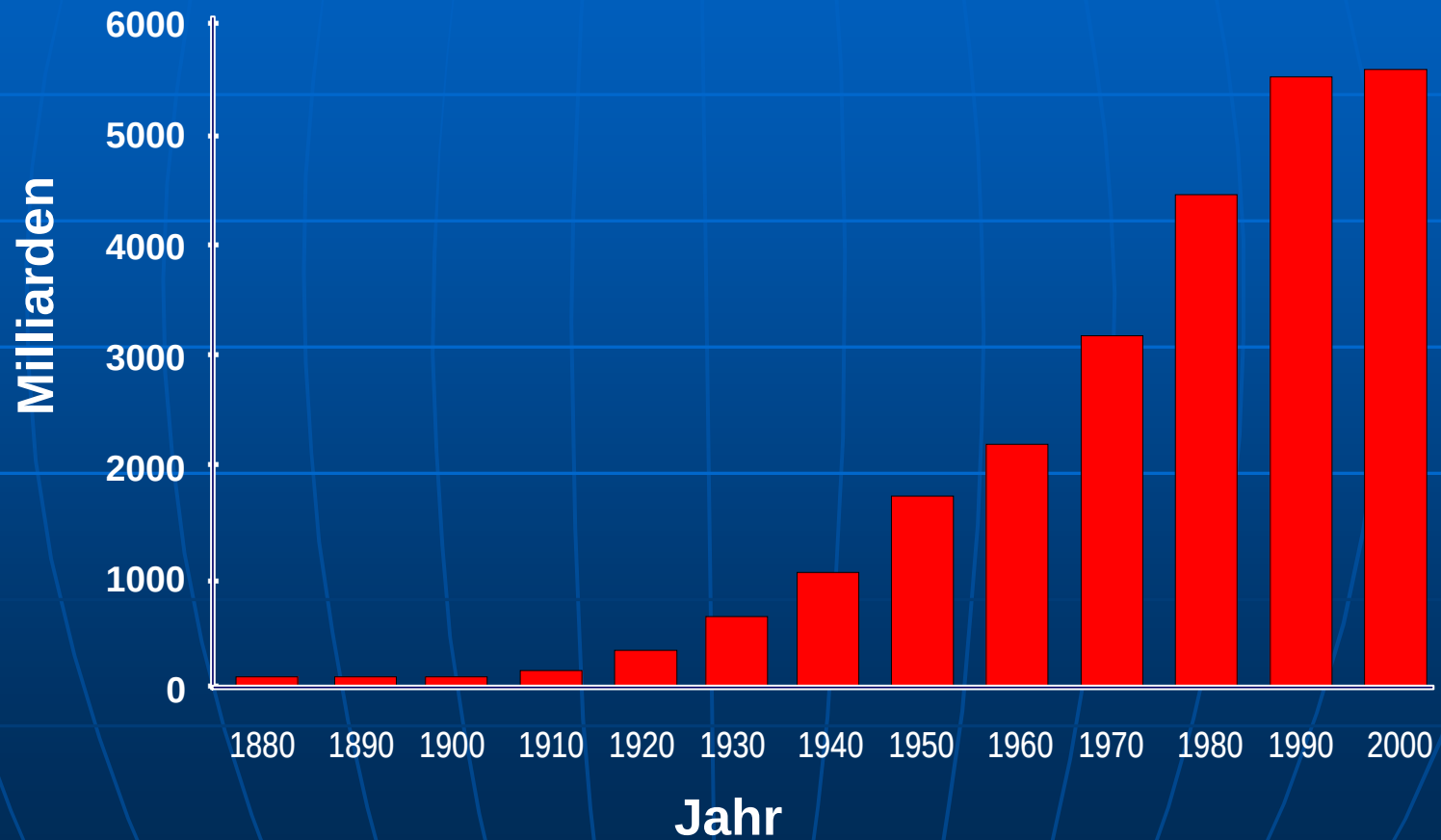
aus der Sicht des Mediziners

Kurt A. Moosburger

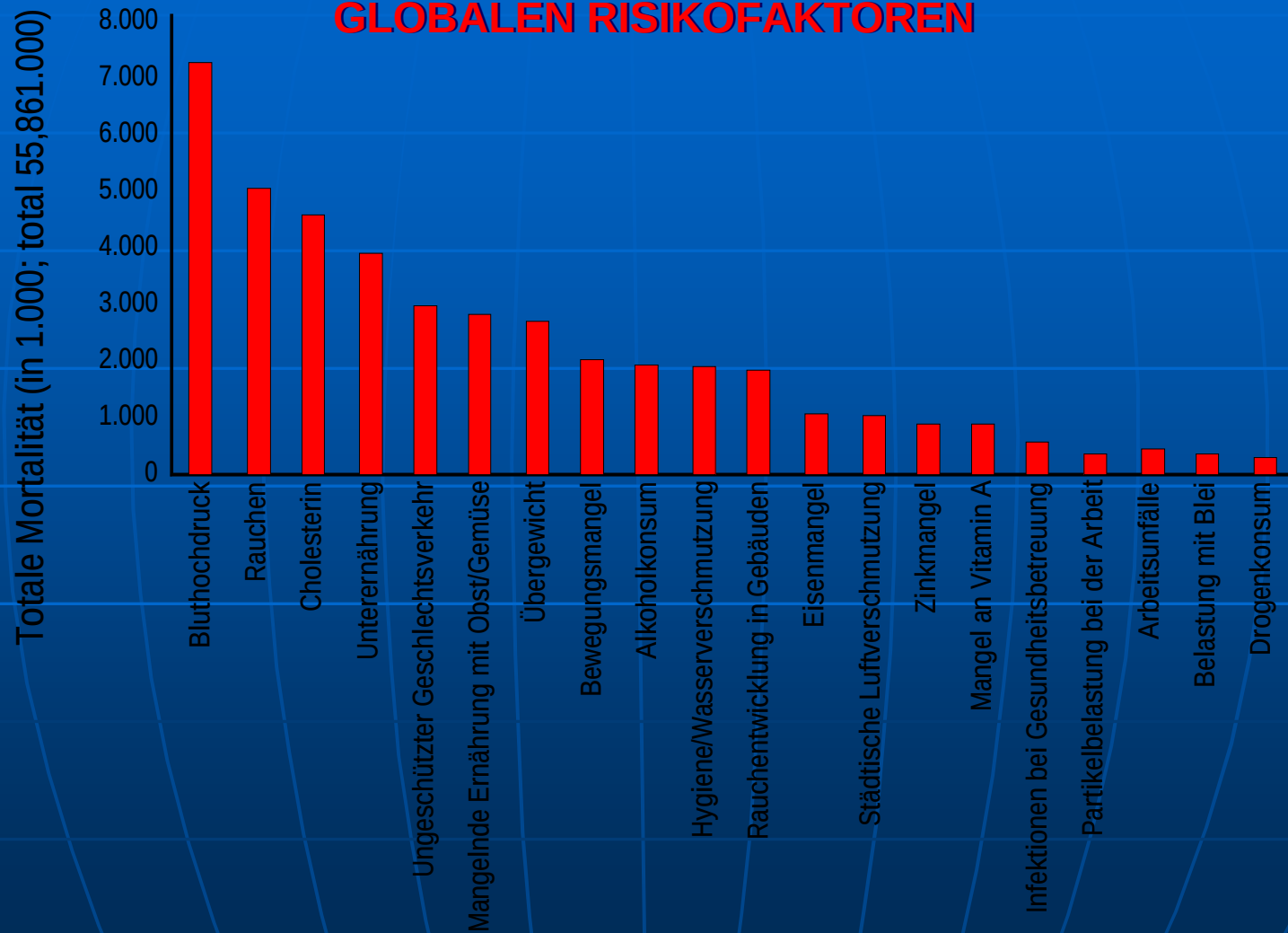
Facharzt für Innere Medizin
Sportmedizin - Ernährungsmedizin

www.dr-moosburger.at

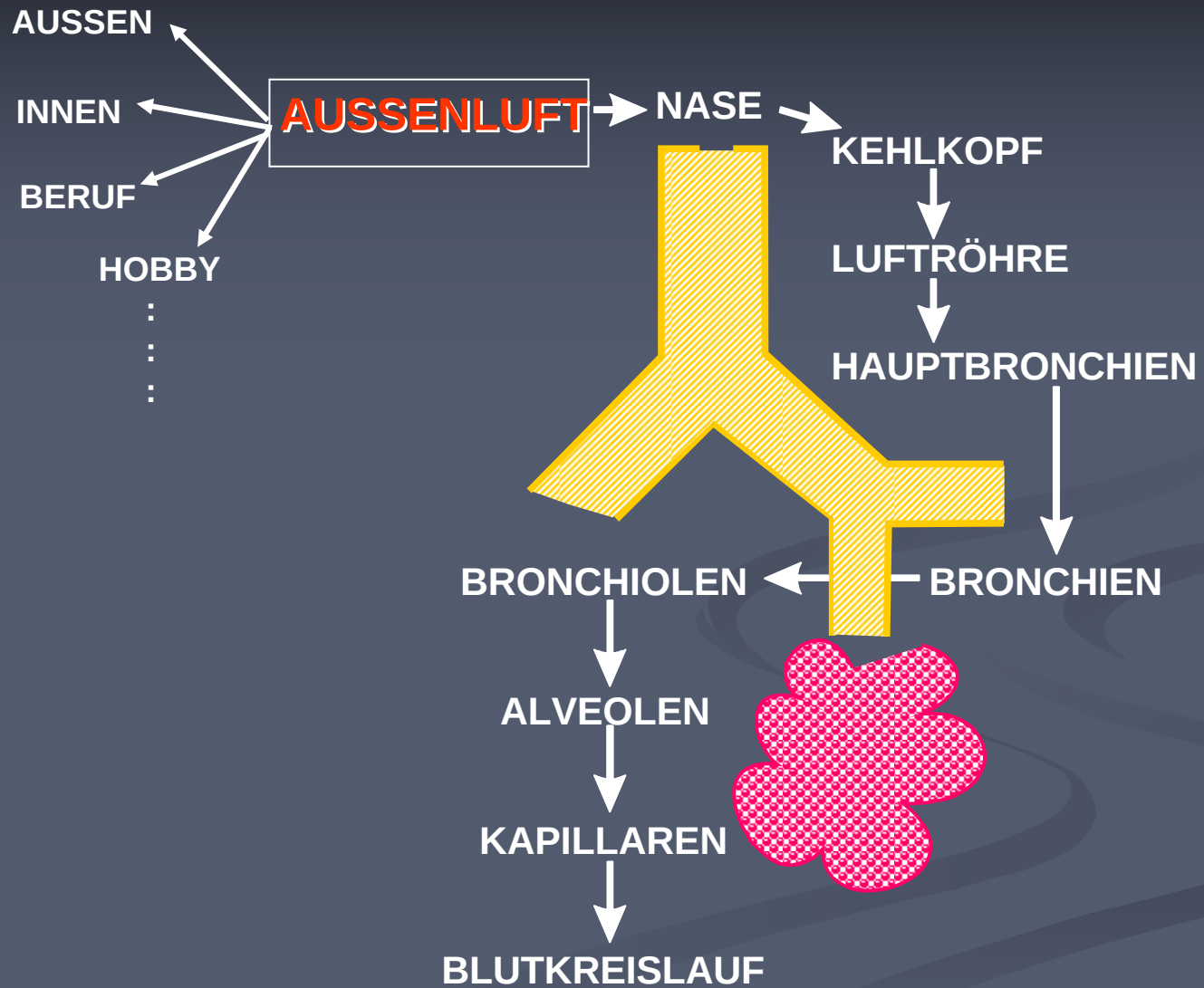
GLOBALER ZIGARETTEN-KONSUM



MORTALITÄT AUF GRUND VON GLOBALEN RISIKOFAKTOREN



(Quelle: EZZATI et al: 2002)



3 Hauptprobleme

- "Gefäßverkalkung":
Arteriosklerose - Atherosklerose - Atherothrombose
Folgen:
 - Herzinfarkt
 - Schlaganfall
 - Periphere arterielle Verschlusskrankheit: "Raucherbein"
- Chronische Raucherbronchitis, Lungenemphysem
COPD = chronisch obstruktive Lungenerkrankung
- **Krebs** (vor allem Lungenkrebs)

Atherosklerose – Atherothrombose

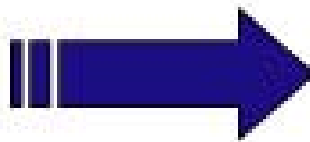
“Gefäßverkalkung”

Folgen:

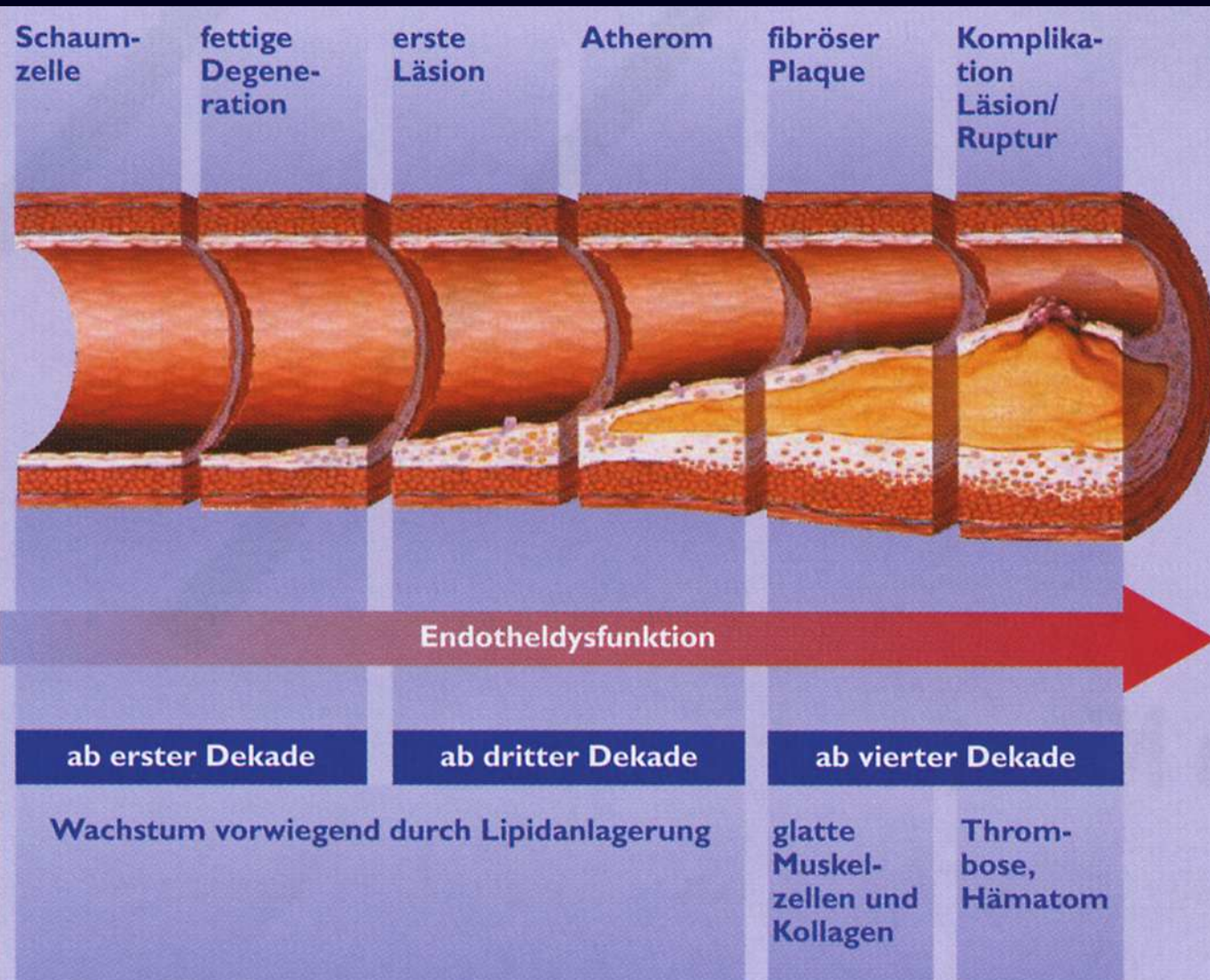
- Herzinfarkt
- Schlaganfall
- Periphere arterielle Verschlusskrankheit
“Raucherbein”



Normales Blutgefäß



Durch Atherosklerose
verengtes Blutgefäß



Nach Stary HC et al. Circulation 1995; 92:1355-1374

Verlauf der Atherosklerose

Keine
Arteriosklerose

→ Arteriosklerose

→ Angina pectoris

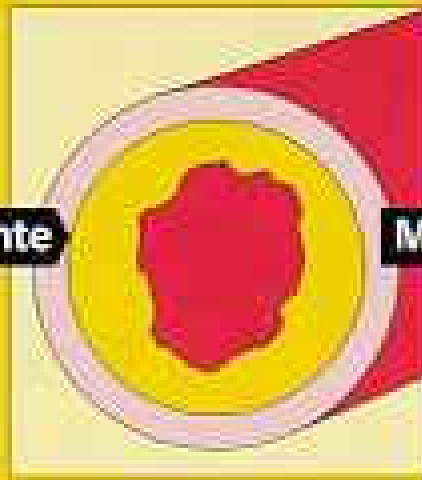
→ Herzinfarkt

→ akuter Herztod



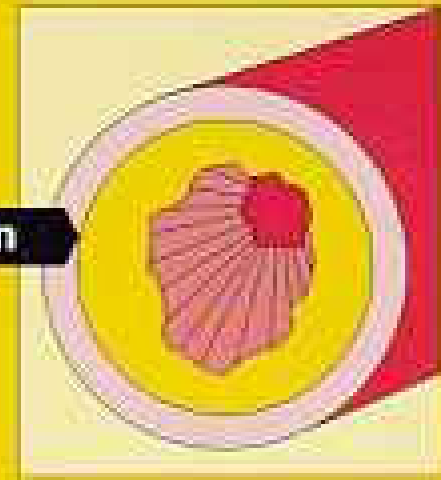
Normal

Jahrzehnte



ohne
Beschwerden

Minuten



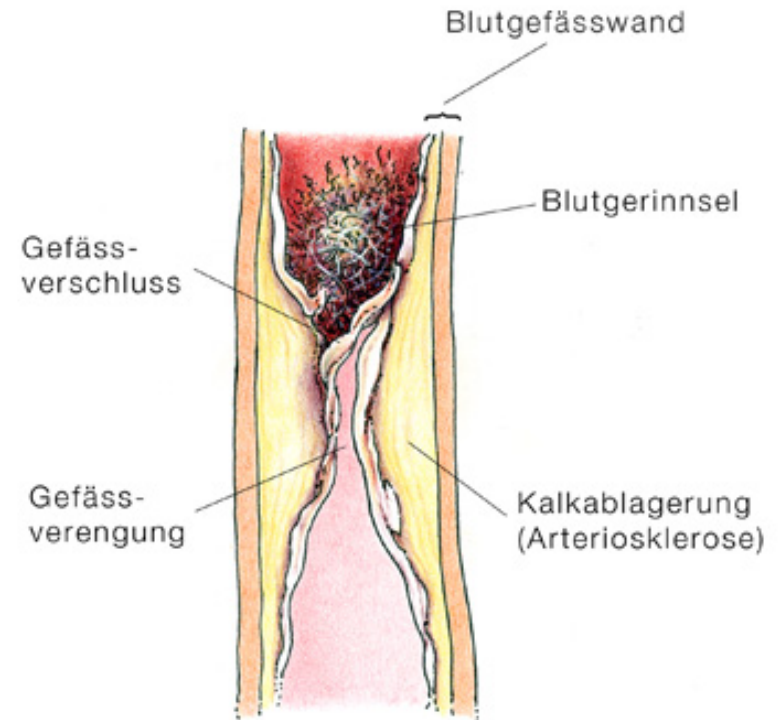
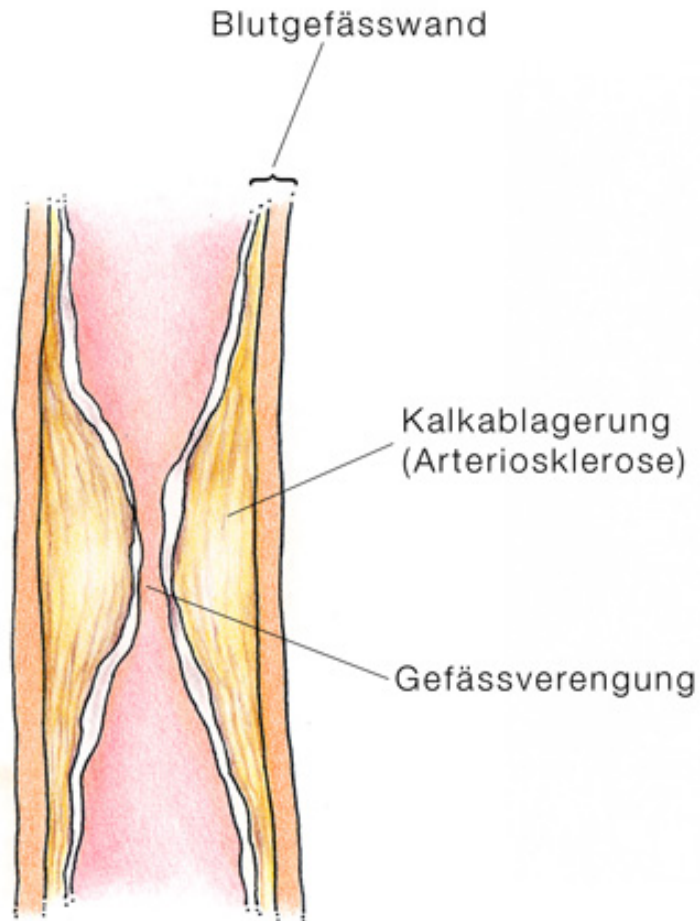
Arteriosklerose

mit Angina pectoris,
Herzinfarkt

Atherosklerose der Aorta

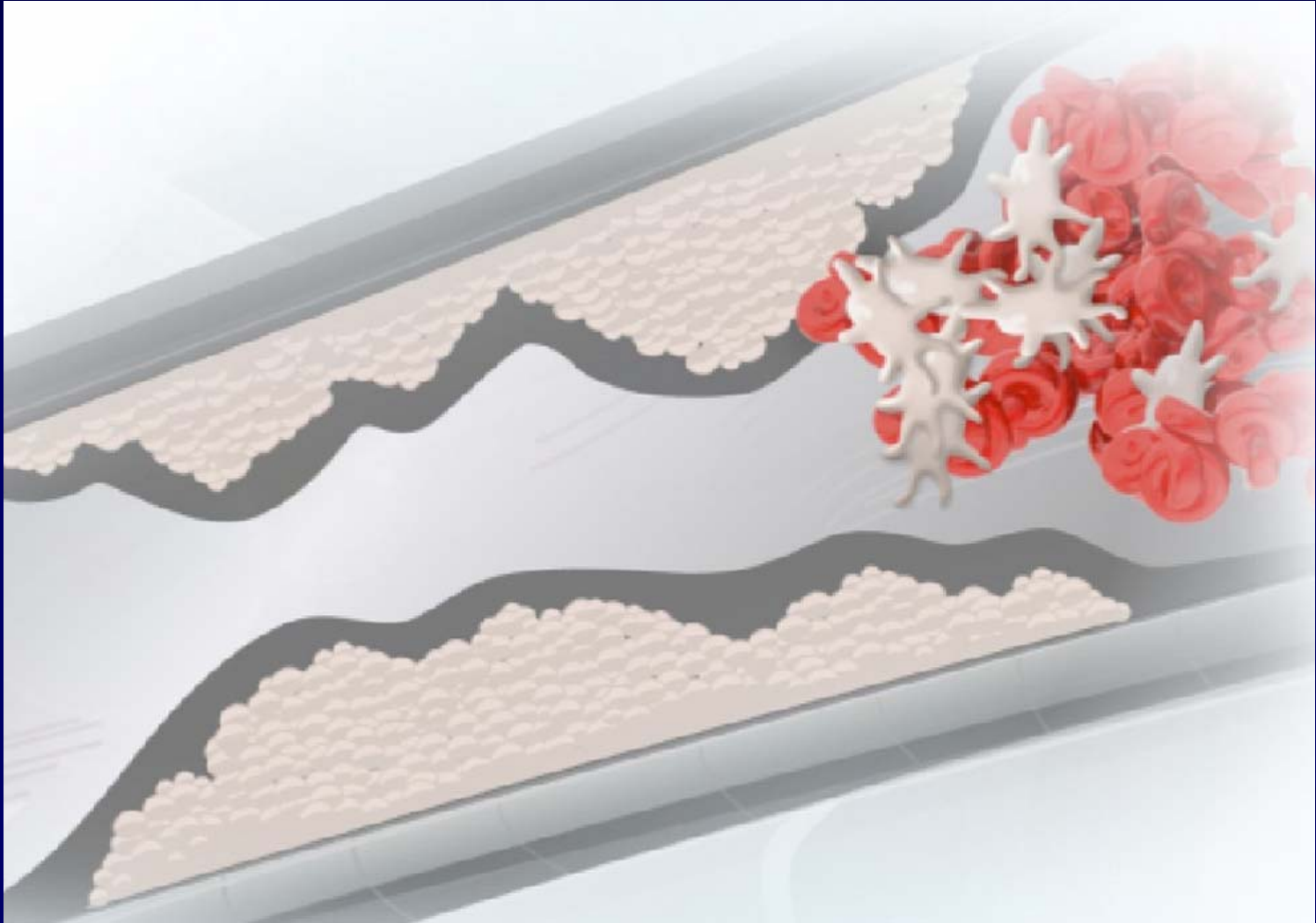


Atherothrombose



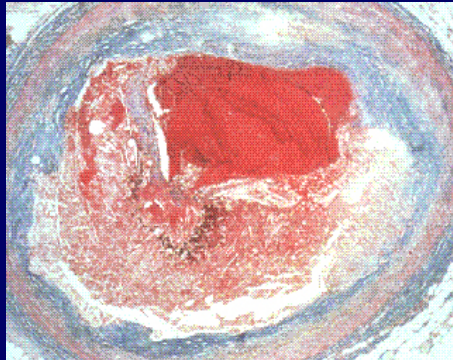
Im Bereich einer Kalkablagerung kann die Gefäßwand aufreißen, was zu Gerinnselbildung und meist komplettem Gefäßverschluss führt.

Atherothrombosis



Atherothrombose

- Plötzliche Ruptur eines atherosklerotischen Plaque
- Aktivierung der Thrombozyten und Thrombusbildung



Plaqueruptur

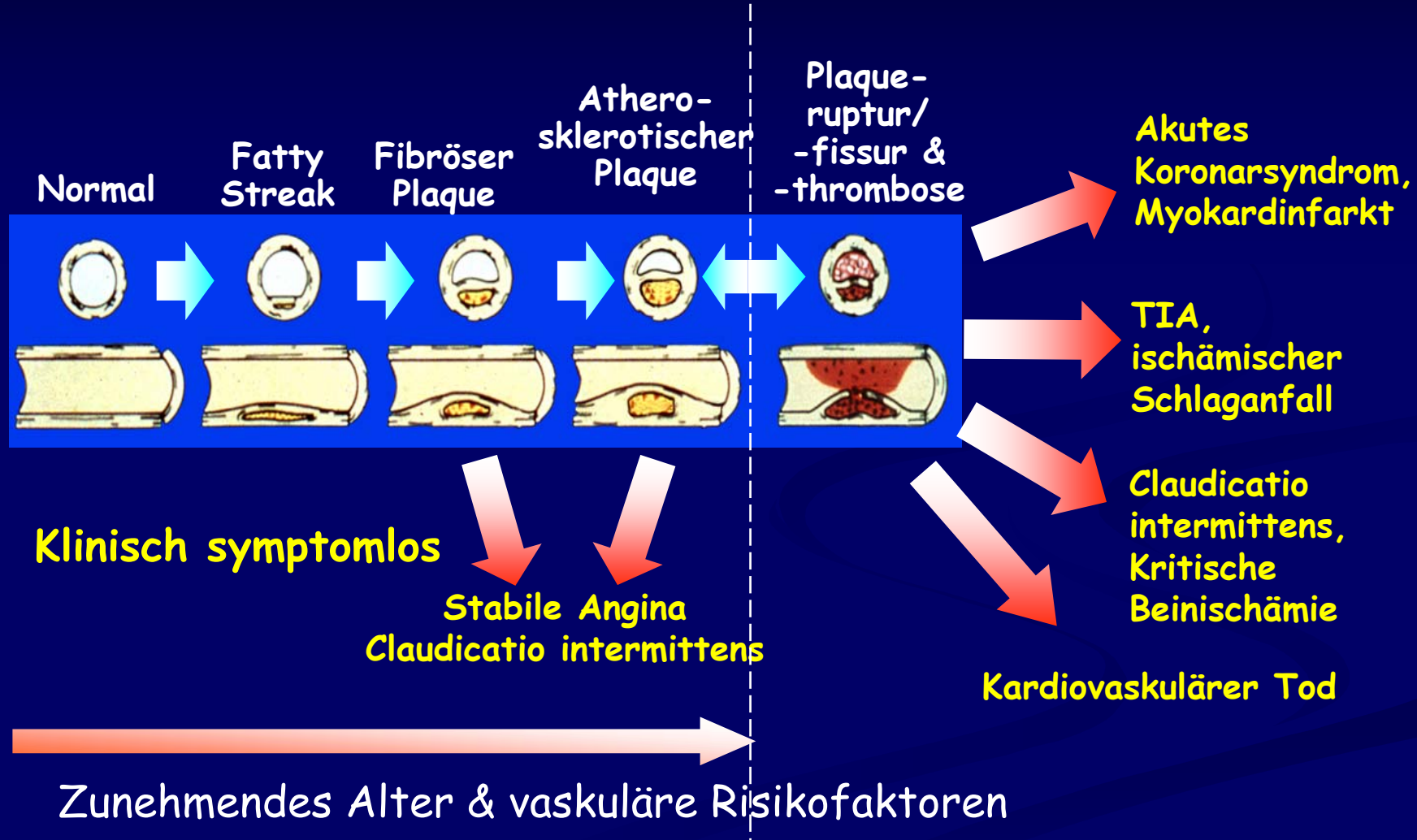
+

Gefäßverschluss

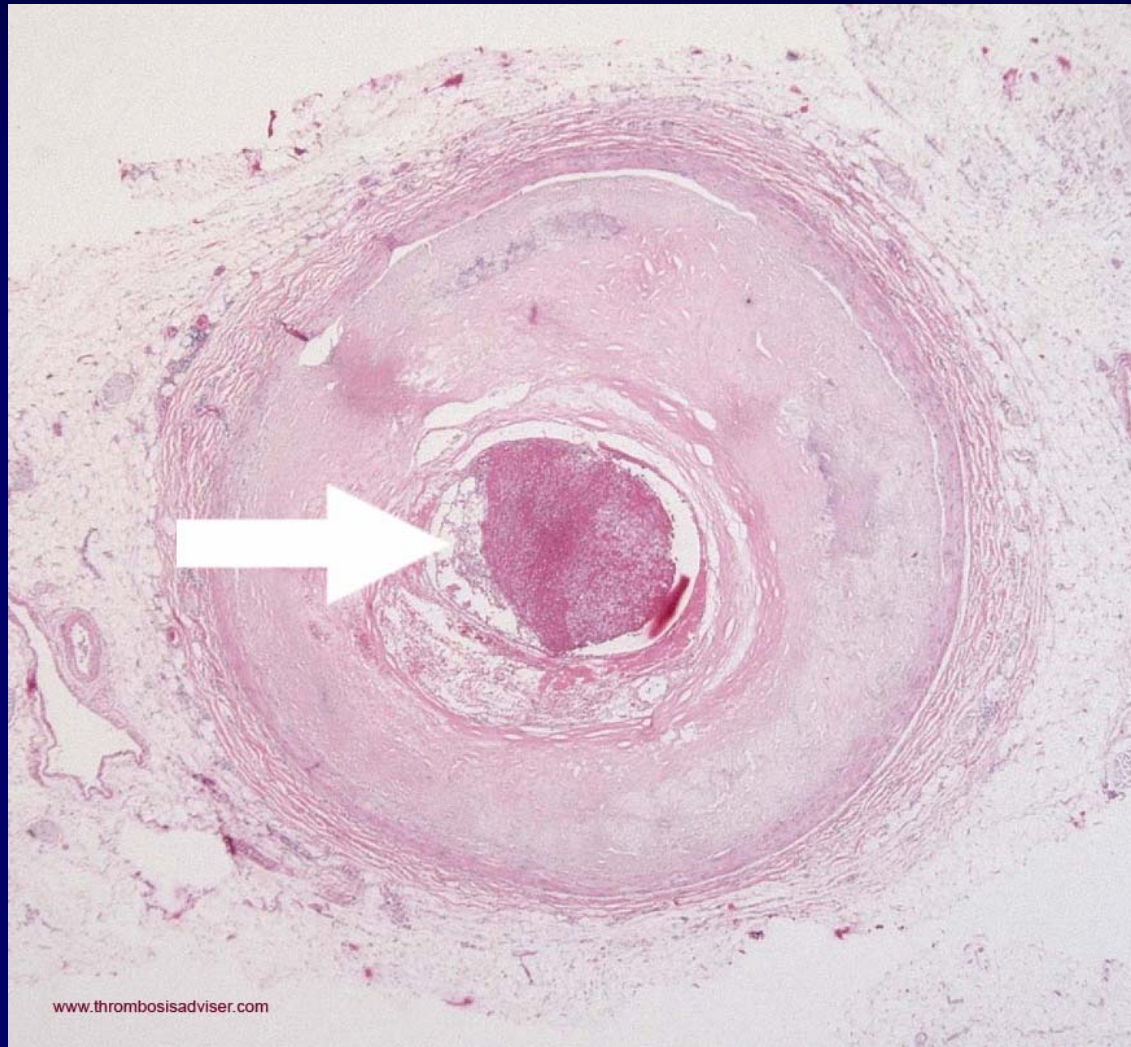
- Ursache für akute vaskuläre Ereignisse wie
Herzinfarkt, Schlaganfall, peripherer Gefäßverschluss
und vaskulärer Tod

Entwicklung der Atherothrombose

Generalisierter, fortschreitender Prozess

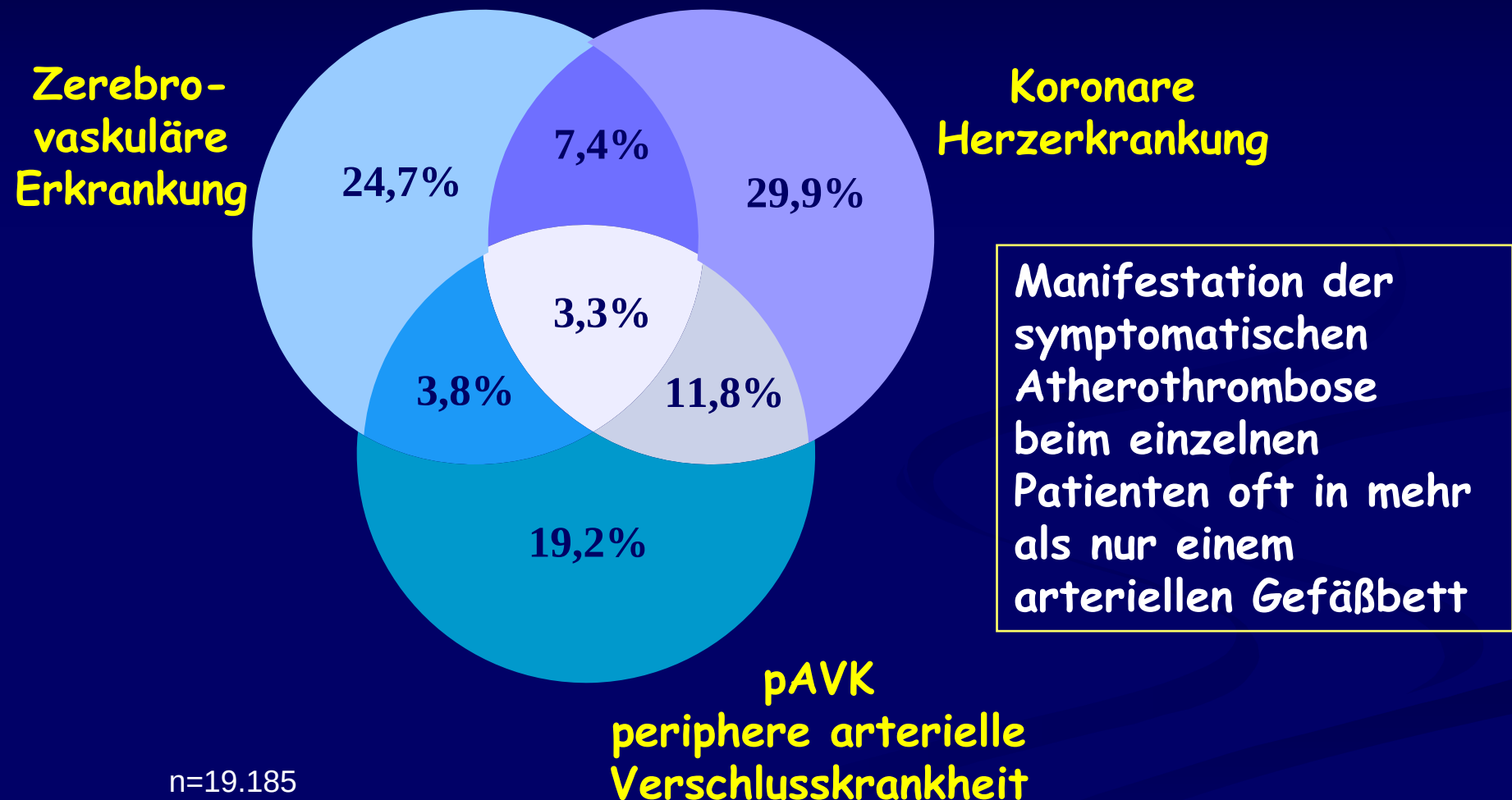


Verschluss der LAD



Atherothrombose

Überlappende Manifestationen



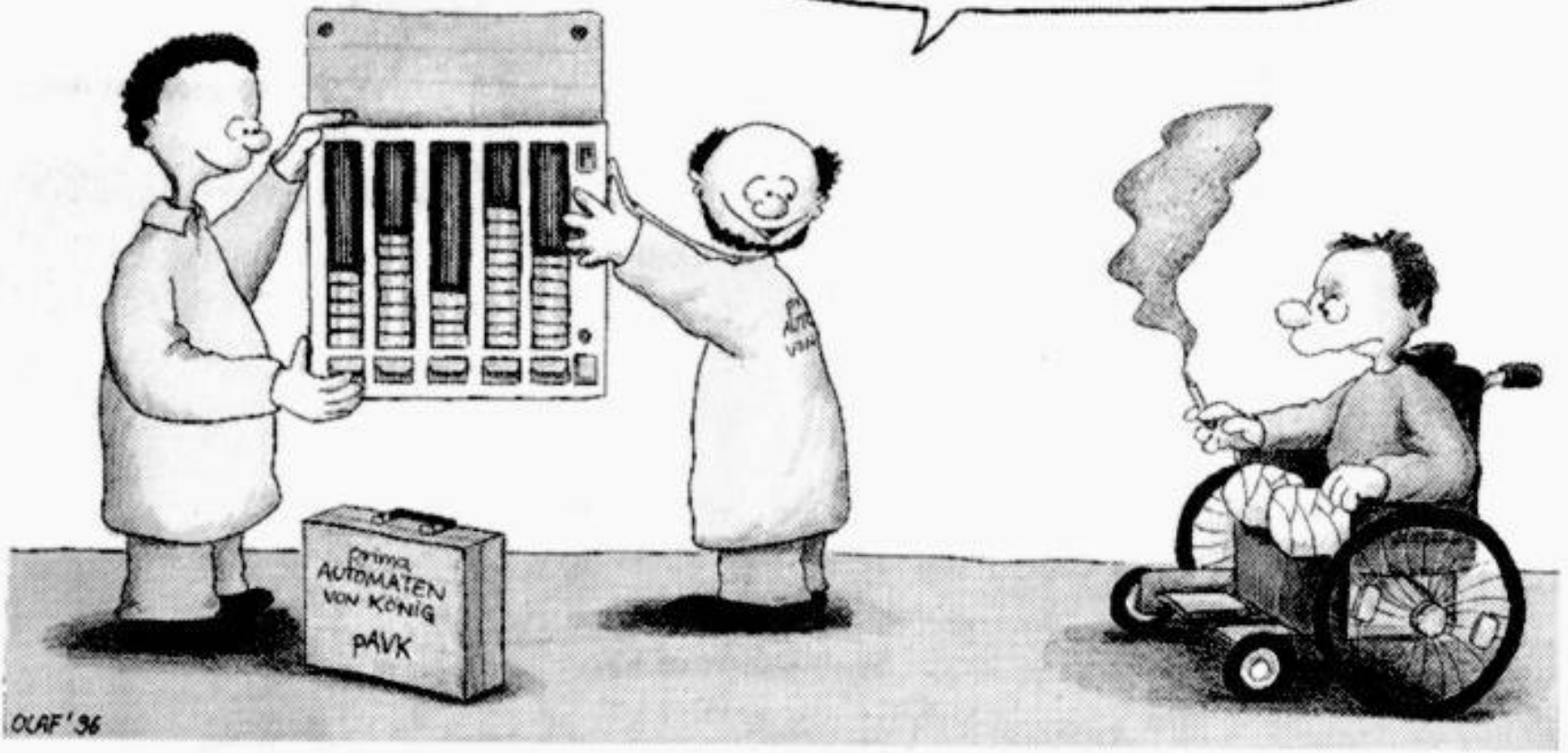
n=19.185
Population der
CAPRIE-Studie

Periphere arterielle Verschlusskrankheit

"Raucherbein" - Gangrän



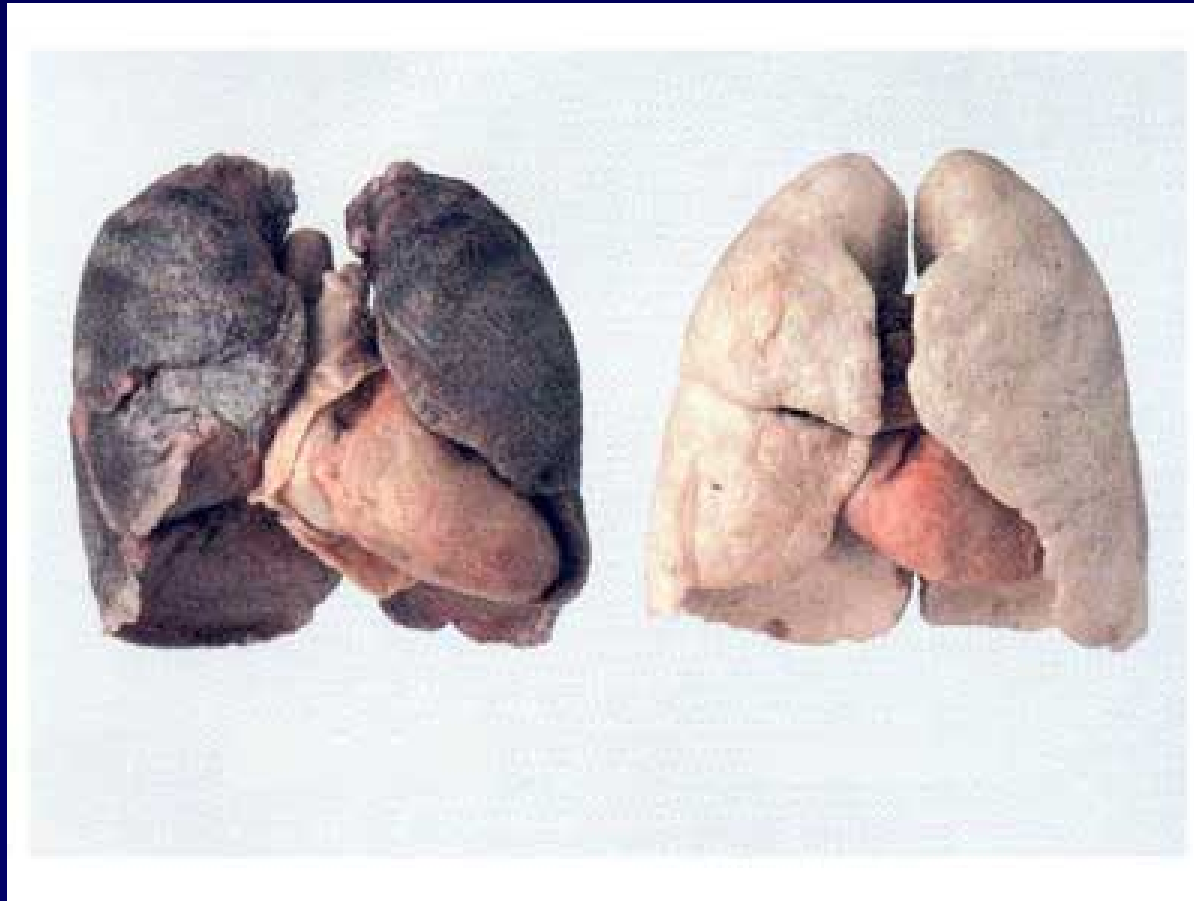
DUMME SACHE, DAS MIT IHREN
BEINEN ! ABER IS' DOCH KLAR,
DASS WIR FÜR SIE ALS STAMMKUNDEN
DEN AUTOMATEN JETZ' TIEFER HÄNGEN...



Herzinfarkt und Schlaganfall



Raucherlunge



Lungenkrebs

Bronchuscarcinom



Smoking
causes fatal lung cancer

Lungenkrebs



BRONCHUSKARZINOM

87 % RAUCHER:

m = 90 %

w = 79 %

(WINGER et al: J Natl Cancer Inst 1999; 91:675)

n = 3070: 2 % NIEMALSRAUCHER (Edinburgh)

(CAPEWELL et al: Thorax 1991; 46:565)

BRONCHUSKARZINOM

Risikoreduktion
(nach Stopppdatum)

> 15 Jahre um 80 % - 90 %

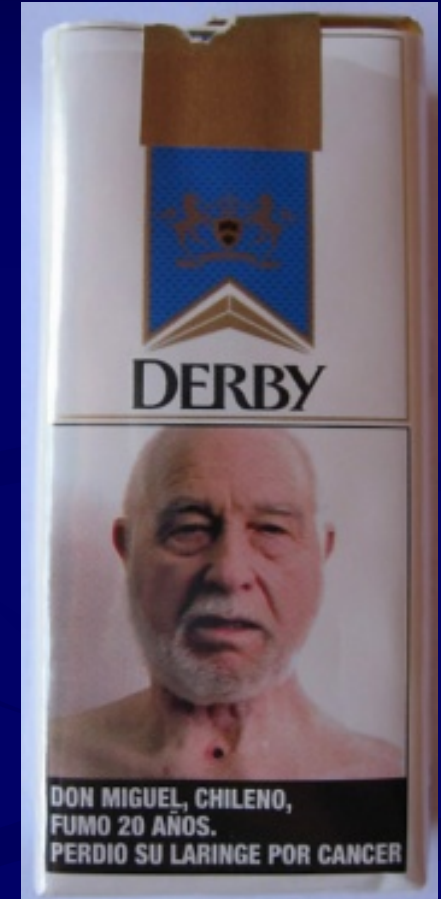
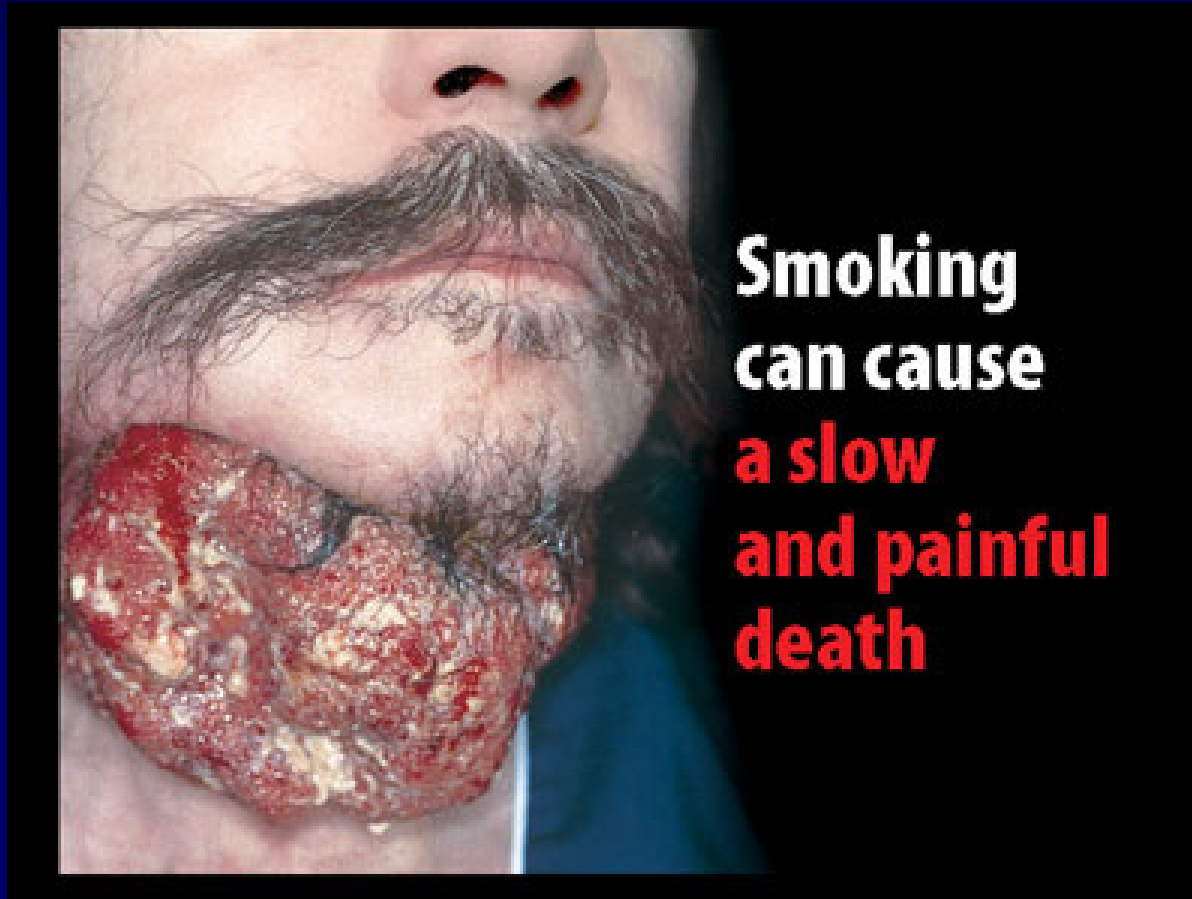
Risiko immer höher als bei Niemalsrauchern!

(NEWCOMB et al: Med Clin North Am 1992; 76:305)

Zungenkrebs Mundbodenkrebs



Kehlkopfkrebs



COPD

chronic obstructive pulmonary disease

Chronisch obstruktive Lungenerkrankung

„Blue bloater“ (Bronchitistyp, B-Typ)



“blue bloater”

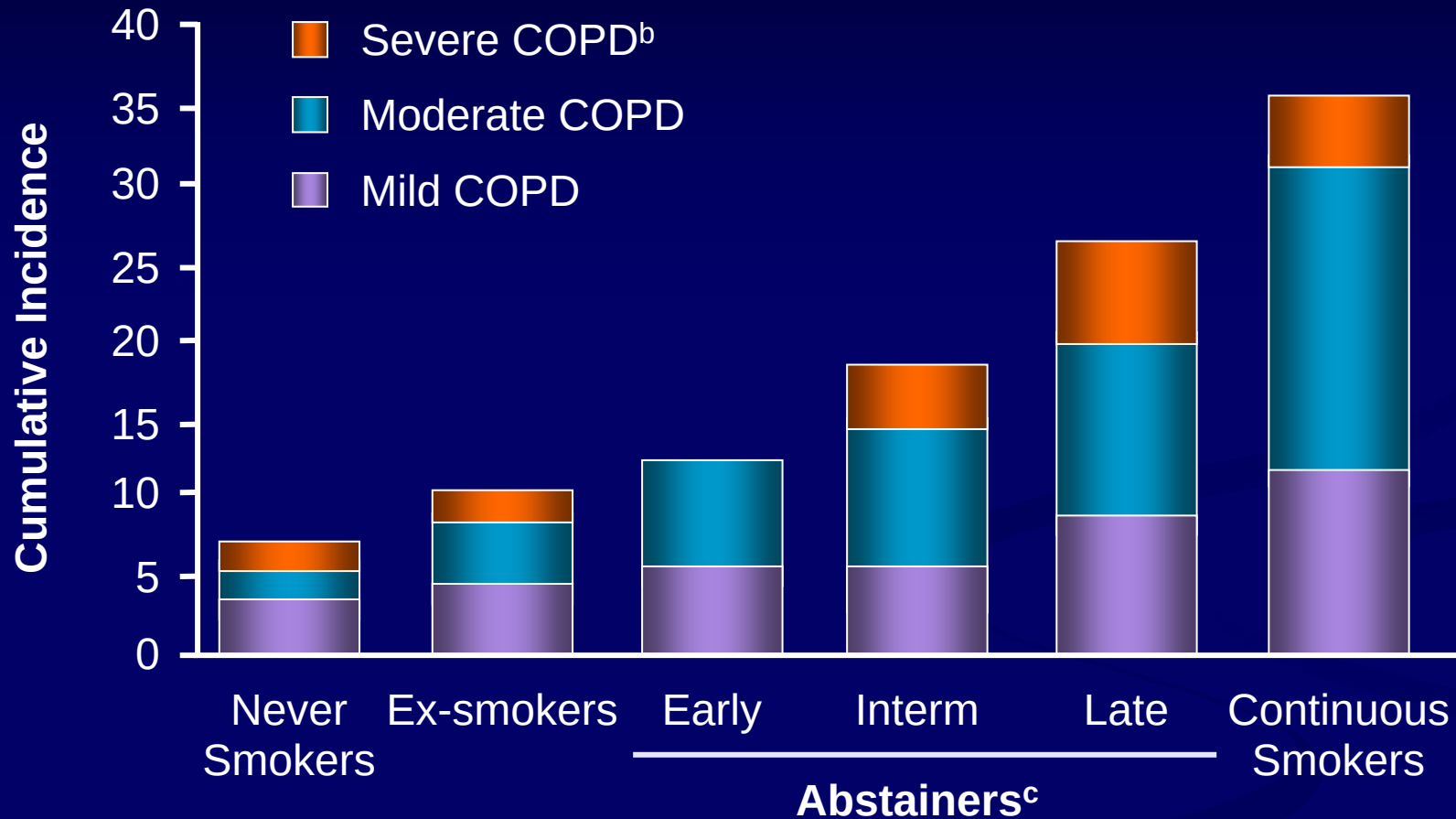
„Pink puffer“ (Emphysemtyp, E-Typ)



“pink puffer”

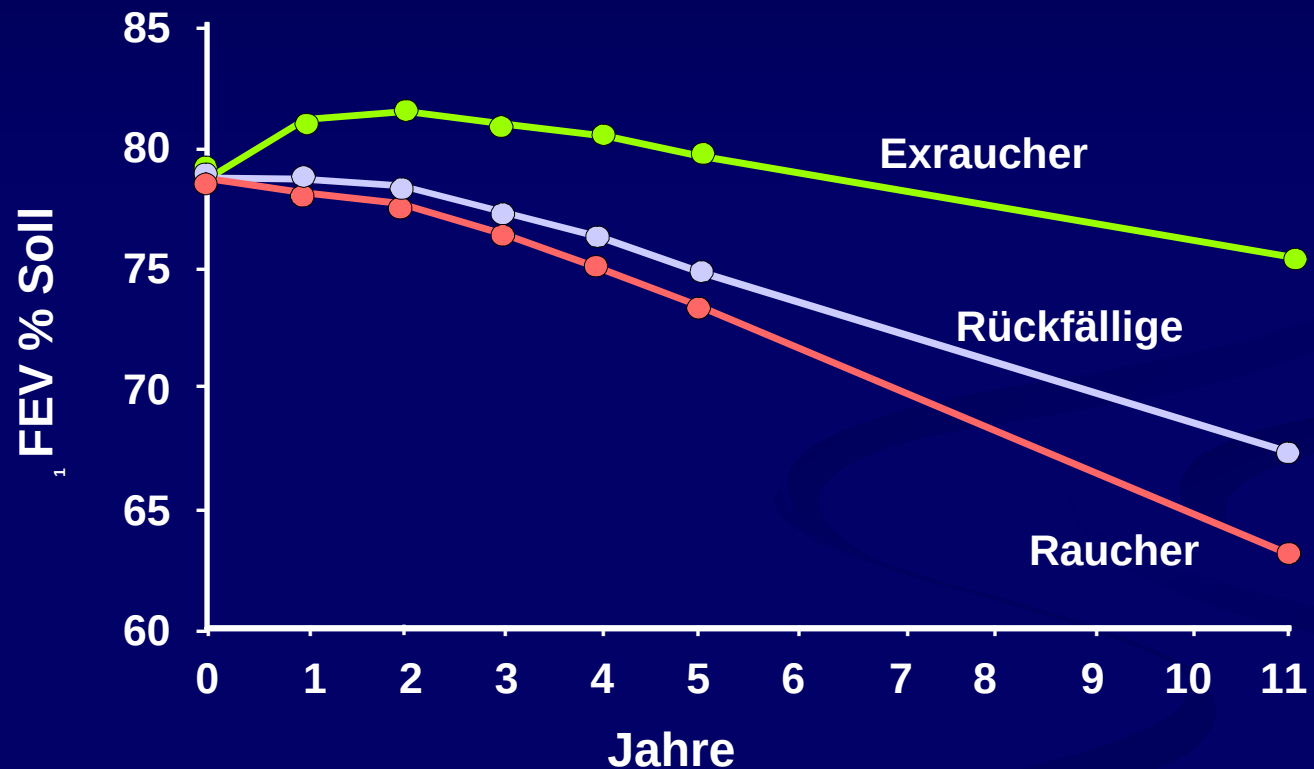
Cumulative Incidence of COPD

- For continuous smokers it is 35.5% and for never smokers it is 7.8%^a



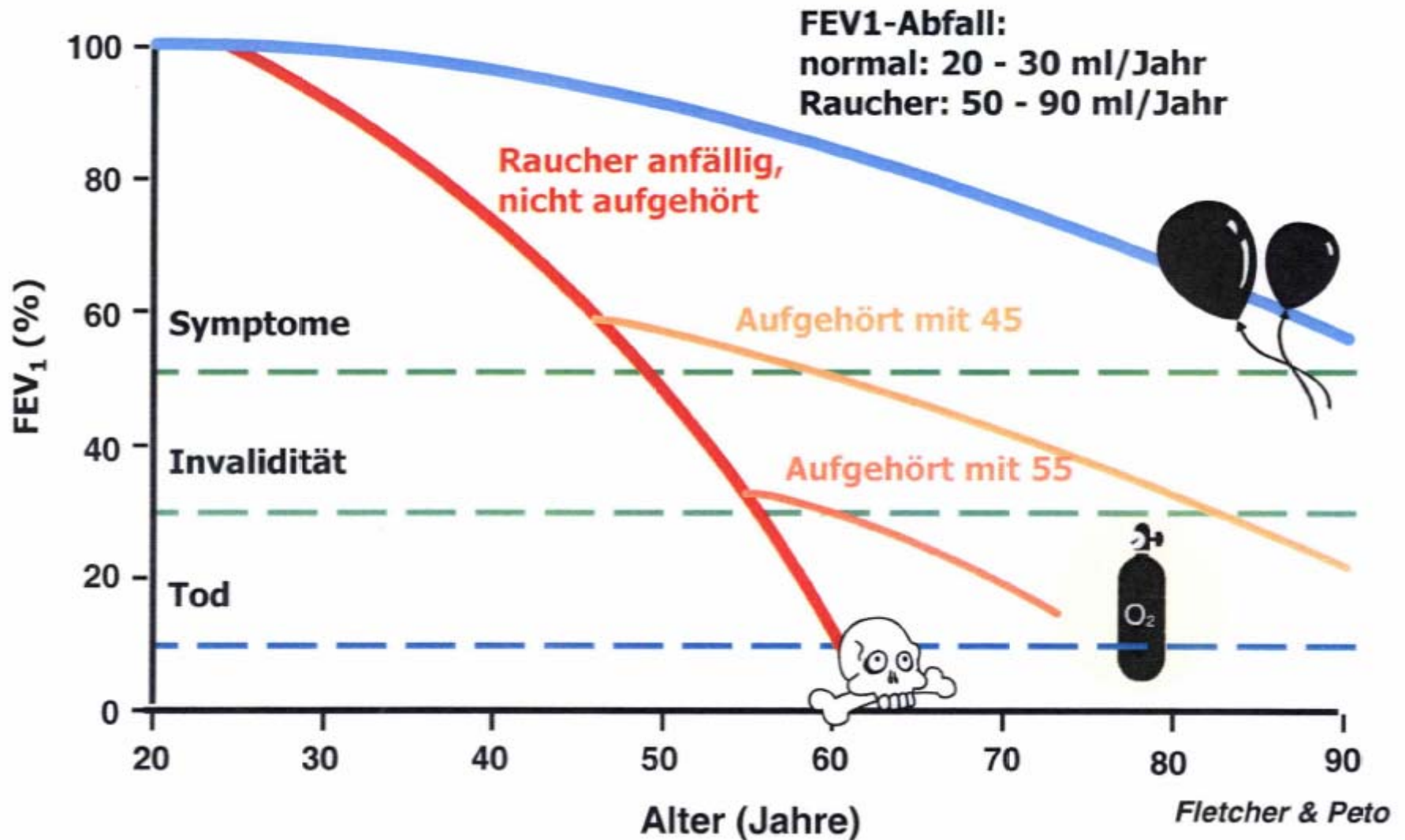
^aCalculated incidence rates for COPD, men and women combined. ^bStaging was done according to the criteria of the American Thoracic Society and the European Respiratory Society. ^cStudy participants were evaluated 4 times over a 30-year period. "Early intermediate and late quitters" refer to those who stopped smoking between the first and second, second and third, third and fourth evaluations, respectively. Mild=Stage 1, Moderate=Stage 2, and Severe= Stages 3 and 4. Løkke et al. *Thorax*. 2006;61(11):935-939; GOLD Initiative 2006. <http://www.goldcopd.com>. Accessed July 19, 2007.

NIKOTINENTWÖHNUNG



(N.R.ANTHONISEN et al: Am J Respir Crit Care Med 166; 2002)

Lungenfunktion und Rauchen



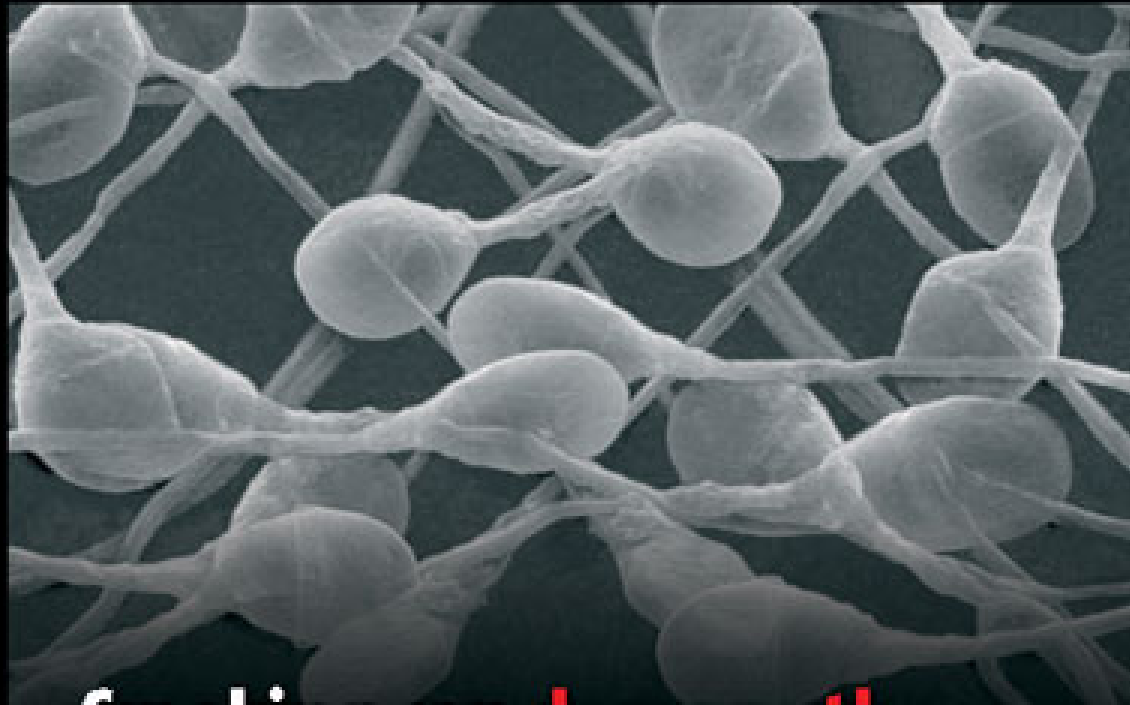


**Smoking causes
ageing of the skin**



Smoking may **reduce**
the blood flow
and **causes impotence**





**Smoking can damage the
sperm and decreases fertility**



**Smoking
when
pregnant
harms
your baby**







CIGARETTES

Brand



00 15 2 67

Smoking is **highly addictive,**
don't start

A person is lying in a coffin, their head positioned inside a large pack of cigarettes. The person's face is visible, looking upwards. The coffin is made of a material with a grid of small holes, and the cigarette pack is white with a red band at the top. The scene is dimly lit, with a blueish tint.

Smokers *die* younger

