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SMOKING AS THE RISK FACTOR FOR CORONARY HEART DISEASE

Abstract: smoking is the single most important modifiable risk factor for coronary artery disease and the leading preventable cause of death in the developed world. Nearly 1 billion individuals now smoke worldwide. Even among nonsmokers, inhaled smoke, whether from passive exposure or from cigars or pipe consumption, also greatly increases coronary risk. Smokers who smoke 20 or more cigarettes daily have twofold or threefold increase in total coronary heart disease. In addition to myocardial infarction, cigarette smoking directly increase rates of sudden death, aortic aneurism formation, symptomatic peripheral vascular disease and ischemic stroke. The risk of stroke and myocardial infarction directly depends on dose. Cessation of cigarette smoking is the single most important intervention in preventive cardiology. Unfortunately, although the elevated coronary risk decreases after cessation, the risks of cancer of the lungs, pancreas and stomach persist for more than next 10 years.

Key words: smoking, cigarette, coronary heart disease, myocardial infarction.