



Detection of chronic obstructive pulmonary disease among shisha smokers in the Fayoum Governorate

By

Assem Elessawy*, **Radwa Elhefny***, Randa Ibrahim*, Samar Fouad*

Chest department – Faculty of Medicine – Fayoum University*

Type of research: Joint research

Published in: Egyptian journal of bronchology-volume (13), No (1)2019.

Abstract

Background : Shisha smoking is a common practice among the population in Arabic countries. Shisha smoking has a negative effect on lung function; it is probably one of the causes for chronic obstructive pulmonary disease (COPD).

Objective: Detection of COPD among Shisha Smokers in the Fayoum Governorate. **Patients and methods:** Of the 300 participants, 200 were shisha smokers for more than 20 years or their age above 40 years and 100 of them were nonsmoker volunteers. History of smoking was taken from the patients with recording of the COPD assessment score and then general and local examination was done followed by flow volume loop and finally by a chest radiography (posteroanterior view). **Results:** Out of the 300 male patients included in this study 51 %has obstructive airway disease and 19% had restrictive airway disease. The mean age was 56.20 ± 10.98 years. Number of hagar smoked by the COPD patients were 10.82 ± 9.88 hagar per day with a duration of smoking of 24.87 ± 12.36 years.

Conclusion: Shisha smoking increases the risk of COPD and this risk increases with the increase in the duration of smoking and number of hagar smoked was the conclusion of the study.