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Early Detection of COPD among Shisha Smokers in Fayoum Governorate

Thesis

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Abstract

Background

Water pipe smoking is a common practice among youth, women, high income, rural and urban population in Arabic countries. **(Kiter et al., 2000)**

Shisha smoke contains large quantities of flavored nicotine, fine and ultrafine PM, carbon monoxide, polycyclic aromatic hydrocarbons, volatile aldehydes, phenolic compounds and carcinogenic PAH. **(Shihadeh and Saleh, 2005)**

Water pipe smoking has negative effect on lung function, it's likely to be a cause of COPD. **(Raad et al., 2011)**

Aim of the Work:

Early detection of COPD among shisha smoker in Fayoum governorate.

Patients and methods

This study included 300 participant undiagnosed to have COPD, 200 of them were shisha smoker and 100 of them were volunteers during the period from July 2016 to September 2017. All patients were subjected to full medical history with recording CAT score, detailed clinical examination, spirometry, CXR.

Results

Out of the 300 male patients included in this study 51% has obstructive airway disease, and 19% with restrictive airway disease.

The mean age was (56.20 ± 10.98) years. Number of hagar smoked by COPD patient were (13.14 ± 12.21) hagar per day with duration of smoking was (26.74 ± 11.19) yrs.

Risk of COPD increase with increase duration and number of hagar smoked.

Key words: shisha smoker, COPD, Fayoum governorate.

Conclusion

The results of this study conclude that shisha smoking increases the risk of COPD and this risk increase with increase duration of smoking and numbers of hagar smoked.