

## Ebtesam Islam, M.D.

### How do poor lungs affect our health?

00:05

Poor lungs affect our health, the basics would be your breathing. But poor lungs can definitely affect your whole body because that's where we get our oxygen from. And so it can affect the heart, it can affect the brain, your organs if you're not getting enough oxygen, so poor lungs not only affects your breathing, but can affect your whole body.

### What causes unhealthy lungs?

00:27

There are so many things that can cause unhealthy lungs, the number one factor would probably be smoking that we do intentionally to ourselves, air pollution, things you inhale, vaping. So pretty much anything you can inhale can cause damage of your lungs, whether it's too much of it, or you're just super sensitive to that thing that you're inhaling, that can cause damage to your lungs.

### The Great American Smokeout is held every year in November. Do lungs have the ability to recover if a smoker quits smoking?

00:57

Yes, the lungs do have the ability to recover, how long that takes, you know how much they recover, that's very dependent on the individual, the patient, and how much they've smoked and how long they smoked for. And not only do the lungs have the ability to recover, but you also, when you quit smoking, you put yourself at decreased risk for heart attacks, decreased risk for strokes, and over long term years decreased risk for cancer. So yes, you do have the ability to recover your lung function, not fully but it can recover.

### Anything else to add?

01:35

The only thing I'd like to add is that you know, with smoking cessation, quitting smoking, it can be very difficult, very easy for us as physicians to say, "Hey, quit smoking" and kind of walk out of the room. And so it's really kind of a conversation between you and your healthcare worker and what works best for you. Don't be discouraged if you try to quit and then you don't, you're not able to and then you try again. It takes multiple tries before you can quit smoking. And I think as long as you're putting your best foot forward and trying to quit smoking, you know you're still doing yourself a favor and a service.