

# Contents

**Preface** XV

**List of Contributors** XVII

- 1 From Discarded Leaf to Global Scourge—The Extraordinary History of the Ascent of Tobacco and its Many Modes of Consumption** 1  
*Barry A. Finegan and Garrett J. Finegan*
- 1.1 Public Health Policy and Commercial Interest—An Uneasy Equilibrium 1
- 1.2 Blessed Offspring of an Uncouth Land 2
- 1.3 A Valuable Poison 3
- 1.4 Sniffing, Chewing, and Smoking 5
- 1.5 The Development of the Cigarette—A Perfect Nicotine Delivery System 6
- 1.6 A Century of Growth 7
- 1.7 An Epidemic of Disease 8
- 1.8 Tobacco Manufactured Products—Multiple Routes to Addiction 9
- 1.9 History Revisited or Lesson Learned 13
- References 13

## **Part I Cigarette Smoking** 17

- 2 Components of a Cigarette** 19  
*Andreas Zemann*
- 2.1 Introduction 19
- 2.2 Components of a Cigarette 20
- 2.2.1 Tobacco 21
- 2.2.2 Filter and Plugwrap Paper 23
- 2.2.3 Cigarette Paper 26
- 2.2.4 Tipping Paper 27
- 2.3 Generation of Cigarette Smoke 28
- 2.3.1 Puffing—Formation of Mainstream Smoke 29

2.3.2	Smoldering–Formation of Sidestream Smoke	30
2.3.3	Influence of Cigarette Components on Smoke Yields	30
2.4	Regulation and Future Perspectives of Cigarette Smoking	31
2.4.1	Smoking Regimes	31
2.4.2	Cigarettes with Reduced Ignition Propensity	32
2.4.3	Reduced Exposure Smoking Articles	33
	References	35

### **3 The Process of Cigarette Smoking 37**

*Jian Wang and Xing Li Wang*

3.1	Introduction	37
3.2	Bio-complexity of Pathogenic Components of Smoking	38
3.3	Multiplicity of Tobacco-Induced Diseases	39
3.4	Topography of Cigarette Smoking	41
3.5	How to Define a Human Smoker?	42
3.6	Will there be Standardized Experimental Models to Study Biological Impact by Smoking?	42
3.7	Summary	43
	Acknowledgment	44
	References	44

### **4 Smoke Chemistry 55**

*Andreas Zemann*

4.1	Introduction	55
4.2	Cigarette Smoke	56
4.2.1	Formation of Mainstream Smoke	56
4.2.2	Formation of Sidestream Smoke	58
4.2.3	Chemical Constituents in Cigarette Smoke	59
4.2.4	Environmental Tobacco Smoke	63
4.3	Factors Influencing Smoke Chemistry	63
4.3.1	Tobacco	63
4.3.2	Cigarette Design	64
	References	64

### **5 Exposure to Tobacco Smoke 67**

*André Conrad*

5.1	Active Smoking	67
5.1.1	Prevalence	67
5.1.2	Determinants of Exposure	68
5.2	Secondhand Smoke	69
5.2.1	Prevalence	69
5.2.2	Determinants of Exposure	71
5.3	Third-hand Smoke	72
5.3.1	Prevalence	72
5.3.2	Determinants of Exposure	73

5.4	Quantifying Tobacco Smoke Exposure	73
5.4.1	Active Smoking	73
5.4.1.1	Questionnaires and Interviews	74
5.4.1.2	Biomarkers	74
5.4.1.3	Tobacco Smoke Analysis	77
5.4.2	Secondhand Smoke	78
5.4.2.1	Questionnaires and Interviews	78
5.4.2.2	Indoor Air Monitoring	78
5.4.2.3	Biomarkers	80
5.4.3	Third-hand Smoke	81
5.4.3.1	Ambient Monitoring	81
5.5	Policy Measures for Reducing Tobacco-Related Exposure	82
5.5.1	Price Increases	82
5.5.2	Promoting and Supporting Cessation	82
5.5.3	Bans on Advertising	83
5.5.4	Smoking Bans and Restrictions	83
	References	84

## **6 An Epidemiological Appraisal of Smoking-Related Outcomes 93**

*Elke Munters and Tim S. Nawrot*

6.1	Introduction	93
6.2	Meta-Analytical Evidence on Active Smoking	93
6.3	Cancer	94
6.4	Cardiovascular	94
6.5	Fractures	98
6.6	<i>Helicobacter pylori</i> Eradication	98
6.7	Fertility	99
6.8	Ocular Damage	99
6.9	Neurological Effects of Smoking	99
6.10	Rheumatoid Arthritis	104
6.11	Prenatal and Postnatal Effects of Smoking in Children	104
6.12	Review of Meta-Analysis on Secondhand Smoke	109
6.13	Mortality, Biological Aging, and Smoking	115
6.14	Conclusion	115
	References	116

## **Part II Linking Cigarette Smoke Chemicals to Human Diseases and Pathophysiology 121**

### **7 Smoking and Cardiovascular Diseases 123**

*David Bernhard*

7.1	Introduction	123
7.2	Cardiovascular Diseases	123
7.2.1	Overview	123

7.2.2	Pathophysiology of CVDs	124
7.2.3	Risk Factors for CVDs	126
7.3	Smoking and CVDs	127
7.3.1	Overview	127
7.3.2	Pathophysiology of CVDs Caused by Smoking	127
7.3.2.1	Oxidative Stress and Lipid Oxidation	128
7.3.2.2	Smoking and Inflammation	128
7.3.2.3	Endothelial Stress, Dysfunction, and Injury	129
7.3.2.4	Thrombosis and Fibrinolysis	130
7.3.2.5	Plaque Formation and Plaque Stability	131
7.3.2.6	Aging of the Cardiovascular System	132
7.3.2.7	Calcium Metabolism and Hormones	132
7.3.3	CVDs-Relevant Activities of Selected Cigarette Smoke Chemicals	133
7.3.3.1	Nicotine	133
7.3.3.2	Carbon Monoxide	135
7.3.3.3	Polycyclic Aromatic Hydrocarbons	135
7.3.3.4	Infectious Agents	136
7.3.3.5	Lipopolysaccharides	136
7.3.3.6	Reactive Oxygen Species (ROS), Other Oxidants, and Radicals	136
7.3.3.7	Metals	137
7.4	Summary	138
	Acknowledgment	138
	References	139

## **8 Smoking and Cancer 145**

*Parimal Chowdhury and Stewart MacLeod*

8.1	Introduction	145
8.2	Facts on Smoking and Cancer	146
8.3	Cancer of the Lung	146
8.3.1	Effects of Smoking on Lung Cancer	148
8.3.2	Role of Nicotine in Lung Cancer Development	150
8.4	Tobacco Use and Pancreatic Cancer	151
8.4.1	Nicotine: Action in Pancreas	154
8.5	Tobacco Smoke Combustion Products: Heterocyclic Amines	154
8.5.1	Tobacco-Specific Nitrosamines	154
8.6	Smoking, <i>K-ras</i> Mutations and Pancreatic Adenocarcinoma	155
8.7	Interindividual Variation in the Risk of Pancreatic Cancer	155
8.8	Mechanisms of Carcinogenesis by Cigarette Smoke	157
8.9	Summary	158
	References	159

## **9 Smoking and COPD and Other Respiratory Diseases 167**

*Thomas E. Sussan and Shyam Biswal*

9.1	Introduction	167
9.2	Pathogenesis of COPD	167

9.3	Molecular Determinants of Protease Activity in COPD	170
9.4	Molecular Determinants of Inflammation in COPD	171
9.5	Molecular Determinants of Oxidative Stress in COPD	172
9.6	Activation of Nrf2 by Cigarette Smoke	173
9.7	Exacerbations of COPD	174
9.8	Effects of Cigarette Smoke on Innate Immunity and COPD Exacerbations	175
9.9	Effects of Cigarette Smoke on Asthma	175
9.10	Effects of Cigarette Smoke on Other Respiratory Diseases	176
9.11	Other Molecular Effects of Cigarette Smoke Exposure	177
9.12	Effects of Individual Components of Cigarette Smoke in Lungs	178
9.12.1	Nicotine	178
9.12.2	Tobacco-Specific Nitrosamines	179
9.12.3	Aromatic Amines	179
9.12.4	Polycyclic Aromatic Hydrocarbons	179
9.12.5	Oxidants and Free Radicals	179
9.12.6	Volatile Organic Compounds	180
9.12.7	Acrolein	180
9.12.8	Carbon Monoxide	180
9.12.9	Metals	181
9.12.10	Particulate Matter	181
9.13	Concluding Remarks	181
	References	182

## **10 Smoking, Infectious Diseases and Innate Immune (Dys)function 191**

*David A. Scott and Juhi Bagaitkar*

10.1	Smoking and Susceptibility to Bacterial Diseases	191
10.2	The Needle in the Haystack	191
10.3	Recognition of Infectious Agents by the Innate Immune Response	193
10.3.1	Toll-like receptors	193
10.3.1.1	TLR Downstream Signaling	194
10.3.2	Nod-like receptors	194
10.3.3	RIG-like receptors	195
10.3.4	Duration and Intensity of the Innate Response	195
10.4	The Cholinergic Anti-Inflammatory System	196
10.5	Tobacco Smoking and Neutrophil Function	200
10.6	Tobacco Smoking and Bacterial Virulence	201
10.7	Nicotine and Cells of the Adaptive Immune System	203
10.8	Conclusions	204
	References	204

## **11 Smoking and Reproduction 217**

*Martina Prelog*

11.1	Introduction	217
11.2	Smoking and Female Fertility	217

- 11.2.1 Ovarian Function 218
- 11.2.2 Oocyte Maturation 220
- 11.2.3 Smoking and Assisted Reproduction 220
- 11.2.4 Gamete and Embryo Transport and Uterine Receptiveness 221
- 11.2.5 Smoking and Pregnancy 222
  - 11.2.5.1 Mutagenic Potential 222
  - 11.2.5.2 Malformations and Embryo Development 222
- 11.3 Reproductive Consequences of Smoking for Men 224
- 11.4 Consequences of *in utero* Tobacco Exposure in Later Life of Offspring 225
  - References 227

## **12 Smoking Tobacco and Gastrointestinal Pathophysiology and Diseases 239**

*Hitoshi Asakura*

- 12.1 Introduction 239
- 12.2 The Esophagus 239
  - 12.2.1 Gastroesophageal Reflux Disease 240
  - 12.2.2 Esophageal Cancer 240
- 12.3 Stomach 241
  - 12.3.1 Gastric Secretion and Peptic Ulcer Diseases 241
    - 12.3.1.1 Gastric Acids 242
    - 12.3.1.2 Regulating Substances 243
    - 12.3.1.3 Gastric Mucosal Blood Flow 243
  - 12.3.2 Gastric Cancer 244
    - 12.3.2.1 Smoking 244
    - 12.3.2.2 Antioxidants 245
    - 12.3.2.3 Salts 246
- 12.4 Intestine 246
  - 12.4.1 Pathogenesis of Inflammatory Bowel Disease 246
  - 12.4.2 Ulcerative Colitis 247
  - 12.4.3 Crohn's Disease 248
  - 12.4.4 Mechanisms 249
  - 12.4.5 Cancer 249
    - 12.4.5.1 Smoking 249
    - 12.4.5.2 Other Factors 251
    - 12.4.5.3 Genes 251
- 12.5 Liver and Pancreas 252
- 12.6 Summary 253
  - References 253

## **13 Smoking and Oral Health 257**

*Eman Allam, Weiping Zhang, Cunge Zheng, Richard L. Gregory, and L. Jack Windsor*

- 13.1 Periodontal Disease 258
- 13.2 Dental Caries 265

- 13.3 Oral Cancer 267
- 13.4 Other Oral Conditions 269
  - 13.4.1 Smoker's Melanosis 269
  - 13.4.2 Stomatitis Nicotina 270
  - 13.4.3 Hairy Tongue 270
  - 13.4.4 Halitosis 270
  - 13.4.5 Oral Candidiasis 271
  - 13.4.6 Dry Socket 271
- 13.5 Other Dental Conditions 271
- 13.6 Conclusion 272
- References 273

## **14 Smoking and Eye Diseases 281**

*Maria E. Marin-Castaño and Marianne Pons*

- 14.1 Introduction 281
- 14.2 Smoking and Cataract 283
- 14.3 Smoking and Glaucoma 285
- 14.4 Age-Related Macular Degeneration 287
- 14.5 Association Between Smoking and Age-Related Macular Degeneration 290
- 14.6 Smoking and Uveitis 293
- 14.7 Ocular Ischemia 294
- 14.8 Smoking and Diabetic Retinopathy 296
- 14.9 Other Ocular Diseases 297
  - 14.9.1 Leber's Hereditary Optic Neuropathy 297
  - 14.9.2 Miscellaneous 297
- 14.10 Conclusions 298
- 14.11 Acknowledgments 298
- References 298

## **Part III Prevention and Treatment of Smoking-Induced Diseases 311**

### **15 Smoking: Prevention and Cessation 313**

*Adam Csordas*

- 15.1 Strategies for Smoking Prevention and Cessation 313
  - 15.1.1 Smoking Prevention 313
  - 15.1.2 Smoking Cessation 316
    - 15.1.2.1 Nicotine Replacement Therapy 316
    - 15.1.2.2 Antidepressants 317
    - 15.1.2.3 Anticannabinoid 318
    - 15.1.2.4 Smokeless Tobacco 318
    - 15.1.2.5 Efficacy of Pharmacological Therapies 319
  - 15.2 Cessation and Risk Reversal: Health Benefits from Giving up Smoking 319
    - 15.2.1 Cessation and Neoplastic Diseases 320

- 15.2.2 Non-Neoplastic Conditions 320
- 15.2.3 Smoking-Related Coronary Heart Disease 321
- 15.2.4 Smoking Cessation and Reproduction 321
- 15.2.5 Survival Benefits of Cessation (after Overt Disease is Diagnosed) 322
- 15.3 Smoking Cessation and Gender 323
- 15.4 Smoking Cessation and Genetics 324
- References 324

## **16 Interfering with Smoking-Induced Pathophysiology 329**

*Adam Csordas*

- 16.1 Introduction 329
- 16.2 Cellular Redox Mechanisms Affected by Cigarette Smoke 329
  - 16.2.1 NADPH Oxidase as a Major Player in Cigarette Smoke-Induced Oxidative Stress 330
  - 16.2.2 Actions of Nitric Oxide as Affected by Cigarette Smoke 331
  - 16.2.3 Cigarette Smoke-Induced Loss of Sulfhydryl Reducing Power 332
    - 16.2.3.1 Glutathione 332
    - 16.2.3.2 Thioredoxin 332
    - 16.2.3.3 Peroxiredoxins and Sulfiredoxin 333
  - 16.2.4 Redox Balance as Affected by Metals in Cigarette Smoke 334
- 16.3 Perspectives for Prevention and Treatment of Cigarette Smoke-Induced Pathophysiology in Different Tissues 334
  - 16.3.1 Antioxidant Supplementation for Attenuation of Cigarette Smoke-Induced Oxidative Stress and Damage 334
  - 16.3.2 Ameliorating Cigarette Smoke-Induced Inflammation 336
    - 16.3.2.1 Synergy of ROS and TNF- $\alpha$  on IL-8 Induction in Macrophages as Target of Treatment 336
    - 16.3.2.2 Paradoxical Increase of Inflammatory Response to Cigarette Smoke in NADPH Oxidase-Deficient (p47<sup>phox</sup><sup>-/-</sup> and gp91<sup>phox</sup><sup>-/-</sup>) Mice 337
    - 16.3.2.3 Sildenafil Suppresses CSE-Induced Overexpression of Angiopoietin-2 in HPAECs 337
    - 16.3.2.4 Cigarette Smoke-Induced Chemokine Release in Dendritic Cells Reversed by NAC 338
    - 16.3.2.5 Statins Against Cigarette Smoke-Induced Inflammation and Atherosclerosis 338
  - 16.3.3 NAC Suppresses Cigarette Smoke-Induced PTEN Phosphorylation and Disruption of Adherens Junctions 340
  - 16.3.4 Treatment of Cigarette Smoke-Induced Osteoporosis 340
  - 16.3.5 Cigarette Smoke and Cancer-Related Observations 341
    - 16.3.5.1 NAC Inhibits CSE-Induced Proliferation and Promotes Terminal Differentiation 342
  - 16.3.6 Drugs Against Cigarette Smoke-Induced Degenerative Diseases of the Eye 342



- 16.3.6.1 Benzo(e)pyrene-Induced Cell Death in ARPE-19 Retinal Pigmented Epithelial Cells, and Inhibitory Actions of Drugs and Antioxidants 342
- 16.3.6.2 High-Dose Antioxidant Vitamin Therapy Reduces the Advancement of Intermediate Non-Neovascular Age-Related Macular Degeneration 343
- 16.4 Dietary and Lifestyle Considerations as Related to Pathophysiology in Smokers 343
  - 16.4.1 Nutritional Status of Smokers 343
  - 16.4.2 Chemoprevention of Cigarette Smoke-Induced Lung Tumors 343
  - 16.4.3 Antioxidant Rescue of Ischemia-Induced Neovascularization 344
  - 16.4.4 Diet and Supplements Recommended for Smokers 345
    - 16.4.4.1 Positive Effect of Dietary Interventions on Cigarette Smoke-Induced Pathophysiology 345
    - 16.4.4.2 Dietary Interventions with Mixed Effects on Cigarette Smoke-Induced Pathophysiology 347
- 16.5 Concluding Remarks 348
  - References 349

## **Part IV Summary 355**

### **17 Summary 357**

*David Bernhard*

- 17.1 Cigarette Smoking and Human Diseases—A Critical Concluding Comment 357
- 17.2 Concluding Remarks to this Book 358

## **Index 361**