

Detection of COPD among Shisha Smokers in Fayoum Governorate

Summary:

Background: Shisha smoking is a common practice among population in Arabic countries.

Shisha smoking has negative effect on lung function; it is probably one of the chronic obstructive pulmonary disease COPD causes.

Objectives: Detection of COPD among Shisha Smokers in Fayoum Governorate

Design: prospective study

Setting: Fayoum university hospital in Egypt between 2016 and 2017.

Patients: 300 participants, 200 of them was shisha smoker for more than 20 years or their age above 40 years old and 100 of them were nonsmoker volunteers.

Methodology: History of smoking was taken from patients with recording COPD assessment score (CAT) score then general & local examination was done followed by flow volume loop & finally chest X- ray PA. view.

Statistical analysis used: case-control study

Coding of the data was done then entered with SPSS (Statistical Package for the Social Sciences) version number 24. After that data was summarized using mean, standard deviation, median, minimum and maximum in the quantitative data with using frequency (count) & relative frequency (percentage) for categorization of data.

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 \pm 10.98) years. Number of hagar smoked by COPD patient were (10.82 \pm 9.88) hagar per day with duration of smoking was (24.87 \pm 12.36) yrs.

Conclusions: Shisha smoking increases the risk of COPD and this risk increase with increase duration of smoking and numbers of hagar smoked was the conclusion of study's result.

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