

흡연과 동맥경화성 심혈관질환

박 정 식

Smoking and Atherosclerotic Cardiovascular Disease

Jeong Sik Park, MD

Cardiology, Seoul Adventist Hospital, Seoul, Korea

가, 4)
가 1)
가 2. 병리학적 증거
Auerbach 5) 1,372
Table1
가
cytokines inter -
action The Atherosclerosis Risk in Co -
mmunities(ARIC) 10,914
3
(intimal - medial thick -
ness)
가 가
1. 역학적 증거
Framingham the Pooling Project 가 ,
가 가 가
2 3 6)
가 2)
3)
8,705
: , 2 29 - 1
: (02) 210 - 3501 - : (02) 249 - 0403 7)

Table 1. Degree of atherosclerosis in the coronary arteries of 1,372 male veterans, according to cigarette smoking status

Daily cigarette smoking pattern	Degree of atherosclerosis (%)				
	Total	None	Slight	Moderate	Advanced
Never smoked regularly	100.0	5.6	57.3	21.8	15.3
Currently smoking cigarettes :					
<20	100.0	2.6	30.9	37.3	29.2
20 - 39	100.0	0.8	19.7	42.1	37.4
> 40	100.0	0.6	18.1	35.4	45.9

*Percentages adjusted for age.

3. 흡연의 동맥경화증 발생기전

가 . 가 가

fibrinogen Factor level

cytokine (humoral factor)

가 ¹²⁾

가 가

(foam cell) (plaque)

reactive hyperemia

HDL - 가

, Lipid Research Clinics Prevalence Study

2,663 2,553 ¹³⁾

HDL -

가 5.3 9.4 mg/dl (p<0.01).⁸⁾

Multiple Risk Factor Intervention Trial ⁹⁾

adhesiv - (free radical) oxidative stress

eness aggregability가 가 가 ATP

Levine 가 (ACE)가 ¹⁴⁾

ADP ¹⁰⁾ Nadler

가 pros - 가

tacyclin ¹¹⁾

2 , EDRF (endothelium de -

10% carboxyhemoglobin rived relaxing factor) nitric oxide

(NO) . Kannel

가 45 54 가

. Nitric oxide L -

arginine guanylate cyclase 10.7 3.6

가 .²⁴⁾

¹⁵⁾ nitric oxide bioactivity 가

nitric oxide .

acetylcholine 3. 관동맥경련(coronary vasospasm)

¹⁶⁾

(resistance arterioles) .

가 ²⁵⁾

¹⁷⁾

가

(CAM, cell adhesion molecules), ICAM - 1(intercellular adhesion molecule 1), ELAM - 1(endothelial leukocyte adhesion molecule 1), VCAM - 1 (vascular cell adhesion molecule 1) 가

가 , 가

¹⁸⁾¹⁹⁾

nitric oxide

가 ²⁰⁾

금연의 효과

2

가

가 , 가

흡연과 각종 심혈관질환

1. 협심증

²⁶⁾

40 40

²¹⁾²²⁾

2. 급성허혈증후군

²³⁾

70%가

가

1)

28)

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가

30 50%

27)

2)

3)

(quit date)

4)

(Transdermal patch)

(Nicorette)

5)

9%가

1940

1960

가

- transendothelial migration of monocyte. Am J Physiol Heart Circ Physiol* 1996;270:39-45.
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