

흡연과 동맥경화성 심혈관질환

박 정 식

Smoking and Atherosclerotic Cardiovascular Disease

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

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

factor	cytokine	(humoral	fibrinogen	Factor	level
cell)	,	,	,	,	12)
cell)	,	,	,	,	reactive hyperemia
HDL -	가				
.	Lipid Research Clinics Prevalence Study				
2,663	2,553				13)
가 5.3 9.4 mg/dl		HDL -			
		(p<0.01). ⁸⁾			
Multiple Risk Factor Intervention					
Trial	9)				
eness	aggregability	가	adhesiv -	(free radical)	oxidative stress
Levine		가		가	ATP
				(ACE)가	14)
ADP					
가	10)	Nadler			
tacyclin		가	pros -		가
	11)				
10%	carboxyhemoglobin	2	,	EDRF (endothelium de	
			rived relaxing factor)		nitric oxid

(NO)			Kannel
	가	45	54
Nitric oxide	L-		
arginine	guanylate cyclase	10.7	3.6
¹⁵⁾	¹⁶⁾	²⁴⁾	
nitric oxide bioactivity			가
nitric oxide			
acetylcholine		3. 관동맥경련(coronary vasospasm)	
¹⁷⁾			25)
(resistance arteriole)			
가			
		4. 심장외 혈관질환	
(CAM, cell adhesion molecules), ICAM - 1(intercellular adhesion molecule 1), ELAM - 1(endothelial leukocyte adhesion molecule 1), VCAM - 1 (vascular cell adhesion molecule 1)			internal
가		pudendal artery penile artery	
가			
nitric oxide			
		금연의 효과	
가			
²⁰⁾			2
		가	
		가	
흡연과 각종 심혈관질환			가
1. 협심증			
		26)	
40	40		
		금연교육자로서의 의사의 역할	
2. 급성허혈증후군			
		70%가	
²³⁾			

1)

가

28)

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