

Smoking a single cigarette may have immediate effect on young adults

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It is well known that smoking leads to a reduction in levels of fractional exhaled nitric oxide (FeNO), which is a marker for airway inflammation.

However, there is limited knowledge about smoking-induced changes in the production and exchange of nitric oxide (NO) in young adults.

In a study of eight women and eight men with a mean age of 23 years and a smoking history of less than eight pack-years, Greek researchers found that after smoking a single cigarette, the airway tissue concentration of NO increased by 26%, and the FeNO levels decreased by 15.6%.

This reduction can lead to a limited flux of NO in the airways of [young adults](#), significantly impairing health.

This research, presented at CHEST 2011, the 77th annual meeting of the [American College of Chest Physicians](#) (ACCP), demonstrates the negative impact of smoking even one cigarette, especially in young people.

Provided by American College of Chest Physicians

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