

Original Research Article

Smoke Signals: Unraveling the Link Between Cigarette Smoking and Serum Liver Markers

Abstract

Background and objectives: Cigarette smoking is a major cause of global mortality and morbidity. It exposes the body to many harmful substances, such as cytotoxic, carcinogenic and free radicals, that can damage various organs. This study aims to investigate the effects of different levels of tobacco exposure on liver tissue, by measuring some serum biochemical markers of liver function.

Methods: The project conducted at T.N.M.C Mumbai from January to December 2021 involved 60 male participants (18–35 years old), divided into smokers (30) and non-smokers (30). Smokers had varying smoking durations (1-5 years). Excluded participants with diseases affecting liver enzymes. Groups were age-matched for analysis. Smokers defined as those smoking >20 cigarettes daily for >1 month. Collected 5.0 ml venous blood, processed in heparinized tubes, and centrifuged for plasma separation. Enzymes SGOT, SGPT, ALP, Total Bilirubin, Direct Bilirubin were measured, and statistical analysis revealed significant differences.

Result:

In the study, age comparison between smokers and non-smokers showed no significant difference ($p = 0.71$). However, smokers exhibited significantly higher mean serum concentrations of SGOT and SGPT compared to non-smokers ($p = 0.002$ and $p < 0.0001$, respectively). Smokers also had elevated levels of ALP and total bilirubin with mean

differences of 16.3 IU/L and 0.392 mg/dl, supported by 95% confidence intervals (6.72, 26.18) and (0.28, 0.504) and p values of 0.003 and 0.0004, respectively. No significant difference was observed in direct bilirubin levels (mean difference: 0.084 mg/dl, 95% CI: 0.065, 0.103, $p = 0.191$)

Conclusion:In summary, the study suggests a correlation between smoking and elevated serum levels of liver enzymes and damage markers, indicating a potential adverse impact on liver function and increased susceptibility to liver diseases.

Keywords:Smoking,SGOT,SGPT,ALP

Introduction

Tobacco use is a global health problem that causes many serious and fatal diseases[1]. Tobacco smoke kills more than three million people every year [2]. The risk of death for smokers depends on how long, how much, and how early they start smoking, as well as how deeply they inhale[3,4]. Tobacco smoke contains harmful compounds that damage the human body, such as cancer-causing agents, toxic substances, and oxidants like free radicals and aldehydes [5]. Some of the most dangerous substances in tobacco smoke are nicotine, tar, and carbon monoxide, which are directly responsible for the toxicity and harmful effects [6]. Tobacco smoke also produces a large number of free radicals that cause oxidative stress [7].Smoking can cause many health problems, such as respiratory, cardiovascular, and cancerous diseases. The longer and more frequently a person smokes, the higher the risk of death and disease [8]. Smoking also affects organs that are not directly exposed to tobacco smoke, such as the liver. The liver is vital for metabolism, glycogen storage, and detoxification of harmful substances like alcohol, toxins, and drugs. Smoking can damage the liver and impair its functions [9,10].We are studying the effects of cigarette smoke on the

liver and its ability to produce enzymes. We measure the levels of two enzymes, GOT and GPT, that are involved in liver metabolism. Our goal is to understand how smoking damages the liver and its functions.

Methods and Materials

We conducted this project at T.N.M.C Mumbai from January 2021 to December 2021 with 60 male participants aged 18–35 years. We divided them into two groups: 30 smokers and 30 non-smokers. The smokers had different smoking durations from 1 year to 5 years, including heavy and modest smokers. We excluded volunteers with any disease that could affect liver enzyme secretion and interfere with our research results.

We matched the two groups (smokers and non-smokers) by age for statistical analysis. We defined smokers as those who smoked more than 20 cigarettes daily for more than one month (n=30) and non-smokers as those who did not smoke (n=30).

We collected 5.0 ml of venous blood from each participant using antiseptic skin (70% alcohol) and venipuncture. We placed the blood samples in heparinized tubes and centrifuged them at about 3000 rpm for 3-5 minutes. We separated the plasma and measured the enzymes SGOT ,SGPT,ALP, Total Bilirubin and direct bilirubin. We performed statistical evaluation to assess significant differences.

We performed statistical analysis to test for significant differences among the outcomes, which are reported as the mean \pm standard deviation (SD). We compared smokers and non-smokers using Student's t-test. We also examined the correlation between the parameters studied using individual values. We set the significance level at $P \leq 0.05$.

Results

Table (1) the levels of each of GPT and GOT in IU/L in study groups.

	Smokers (n=30)	NonSmokers (n=30)	95 % C I	P value
Age in Years	26.45 ±5.14	26.62 ±4.23	(-1.09, 0.75)	p-value = 0.71
Serum concentration of SGOT in IU/L	29.63±1.21	22.7±1.2	(5.13, 8.73)	P-value is 0.002
Serum concentration of SGPT in IU/L	30.75±0.72	18.97±0.62	(10.63, 12.93)	P value < 0.0001
ALP in IU/L	178.3+ 25.55	162.0+ 9.055	(6.72, 26.18)	P value 0.003
Total Bilirubin in mg/dl	1.172 ± 0.122	0.78 ± 0.161	(0.28, 0.504)	p = 0.0004
Direct Bilirubin in mg/dl	0.356 ± 0.027	0.272 ± 0.026	(0.065, 0.103)	p value is 0.191

The table shows the comparison of age and serum concentrations of SGOT and SGPT between smokers and non-smokers. The mean age of smokers and non-smokers was not significantly different (p-value = 0.71). However, the mean serum concentrations of SGOT and SGPT were significantly higher in smokers than in non-smokers (p-value is 0.002 and p-value < 0.0001, respectively). The results showed that smokers had significantly higher levels of alkaline phosphatase (ALP) and total bilirubin than non-smokers, with mean differences of 16.3 IU/L and 0.392 mg/dl, respectively. The 95% confidence intervals for these differences were (6.72, 26.18) and (0.28, 0.504), and the p values were 0.003 and 0.0004, respectively. However, there was no significant difference in direct bilirubin levels between the two groups, with a mean difference of 0.084 mg/dl, a 95% confidence interval of (0.065, 0.103), and a p value of 0.191.

Discussion

This study provides evidence that smoking is associated with increased serum levels of liver enzymes and markers of liver damage, such as SGOT, SGPT, ALP, and total bilirubin. These results are consistent with previous studies that have reported similar associations in different populations and settings [11]. Smoking may have a detrimental effect on liver function and

increase the risk of liver diseases, such as hepatitis, cirrhosis, and hepatocellular carcinoma [12]. The mechanism by which smoking affects the liver is not fully understood, but it may involve oxidative stress, inflammation, and activation of hepatic stellate cells [13]. Smoking may also alter the metabolism and clearance of drugs and toxins by the liver, leading to accumulation of harmful substances and further damage [14]. The results also show that there was no significant difference in direct bilirubin levels between smokers and non-smokers, which may indicate that smoking does not affect the excretion of bilirubin by the liver. However, this finding should be interpreted with caution, as direct bilirubin is only a fraction of total bilirubin and may not reflect the overall bilirubin metabolism [15]. Further studies are needed to clarify the effect of smoking on bilirubin production and conjugation by the liver.

The limitations of this study include the cross-sectional design, which precludes causal inference and temporal relationship between smoking and liver function. The sample size was relatively small and may not be representative of the general population. The measurement of smoking status was based on self-report, which may be subject to recall bias and misclassification. The measurement of liver enzymes and markers was based on a single blood sample, which may not capture the dynamic changes in liver function over time. The study did not control for potential confounding factors, such as alcohol consumption, obesity, diabetes, viral hepatitis, and medication use, which may also affect liver function and interact with smoking [16,17]. Therefore, the results should be interpreted with caution and confirmed by further studies with larger samples, longitudinal designs, objective measures of smoking status and exposure, multiple measurements of liver function, and adjustment for confounding factors.

Conclusion

This study indicates that smoking is associated with increased serum levels of liver enzymes and markers of liver damage. Smoking may have a detrimental effect on liver function and increase the risk of liver diseases. The mechanism by which smoking affects the liver is not fully understood, but it may involve oxidative stress, inflammation, and activation of hepatic stellate cells. Smoking may also alter the metabolism and clearance of drugs and toxins by the liver. Further studies are needed to elucidate the effect of smoking on bilirubin metabolism and excretion by the liver.

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