

5) The present study showed that smokers have lower values for absolute lymphocyte count, indicating reduced immunity.

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Table 1: Mean values of blood parameters of the studied smokers and non-smokers.
P values of the difference calculated after controlling for age, sex and weight (n = 606). *P ≤ 0.05

| Blood parameter & unit | Mean value | | | P value | | | |
|--|---------------------|-----------------|------------|---------|------|-------|--------|
| | Non smokers (n=304) | Smokers (n=302) | Difference | Smoking | Age | sex | Weight |
| Hemoglobin (Hb) (g/dL) | 14.21 | 15.01* | + 0.80 | 0.00 | 0.17 | 0.00 | 0.00 |
| Glycosylated Hb (%) | 4.52 | 4.62 | + 0.10 | 0.52 | 0.10 | 0.12 | 0.68 |
| Hematocrit (%) | 39.68 | 41.29* | + 1.61 | 0.00 | 0.11 | 0.00 | 0.00 |
| RBC count (x 10 ¹² /L) | 4.62 | 4.65 | + 0.03 | 0.13 | 0.04 | 0.00 | 0.00 |
| MCV (fl) | 85.93 | 88.87* | + 2.94 | 0.00 | 0.00 | 0.00 | 0.74 |
| MCH (pg) | 30.76 | 32.24* | + 1.48 | 0.00 | 0.00 | 0.00 | 0.53 |
| MCHC (g/dL) | 35.70 | 36.32* | + 0.62 | 0.00 | 0.71 | 0.00 | 0.83 |
| RDW (%) | 13.39 | 13.34 | - 0.05 | 0.58 | 0.23 | 0.00 | 0.17 |
| ESR (mm/hr) | 13.76 | 12.60 | - 1.16 | 0.52 | 0.00 | 0.00 | 0.14 |
| WBC count (x10 ⁹ /L) | 7.19 | 7.73* | + 0.54 | 0.00 | 0.19 | 0.51 | 0.00 |
| Absolute granulocyte count (x10 ⁹ /L) | 4.59 | 4.87* | + 0.28 | 0.01 | 0.05 | 0.45 | 0.05 |
| Absolute lymphocyte count (x10 ⁹ /L) | 2.23 | 2.05* | - 0.18 | 0.00 | 0.57 | 0.14 | 0.00 |
| Absolute monocyte count (x10 ⁹ /L) | 0.54 | 0.58 | + 0.04 | 0.07 | 0.00 | 0.00* | 0.02 |
| Platelet count (x10 ⁹ /L) | 245.74 | 242.74 | - 3.00 | 0.78 | 0.06 | 0.00 | 0.14 |
| Platelet volume (PV) (fl) | 8.98 | 9.07 | 0.09 | 0.44 | 0.29 | 0.01 | 0.75 |
| PCT (plateletcrit) (%) | 0.22 | 0.22 | 0.00 | 0.77 | 0.13 | 0.00 | 0.10 |
| PDW (%) | 13.92 | 13.98 | 0.06 | 0.65 | 0.99 | 0.46 | 0.66 |
| Fibrinogen (mg/dL) | 279 | 296* | + 17.0 | 0.00 | 0.00 | 0.00 | 0.46 |
| Total Protien (g/L) | 12.33 | 12.31 | - 0.02 | 0.92 | 0.10 | 0.85 | 0.16 |
| Iron (µg/dL) | 160 | 174* | + 14.0 | 0.05 | 0.89 | 0.00 | 0.06 |
| Triglyceride (mmol/L) | 1.48 | 1.73* | + 0.25 | 0.00 | 0.00 | 0.54 | 0.00 |
| Total Cholesterol (mmol/L) | 4.85 | 4.74 | - 0.11 | 0.44 | 0.00 | 0.07 | 0.00 |
| HDL-Cholesterol (mmol/L) | 1.15 | 1.17 | + 0.02 | 0.25 | 0.53 | 0.66 | 0.98 |
| LDL-Cholesterol (mmol/L) | 2.93 | 2.77 | - 0.16 | 0.09 | 0.00 | 0.23 | 0.01 |
| Glucose (mmol/L) | 4.43 | 4.50 | + 0.07 | 0.24 | 0.00 | 0.88 | 0.54 |
| Urea (mmol/L) | 4.67 | 4.51 | - 0.16 | 0.06 | 0.01 | 0.00 | 0.18 |
| Creatinine (µmol/L) | 90.63 | 86.47 | - 4.16 | 0.32 | 0.42 | 0.41 | 0.92 |
| Sodium (mmol/L) | 142.88 | 143.67 | + 0.79 | 0.06 | 0.75 | 0.60 | 0.39 |
| Potassium (mmol/L) | 4.19 | 4.20 | + 0.01 | 0.95 | 0.16 | 0.71 | 0.03 |
| Chloride (mmol/L) | 101.69 | 101.49 | - 0.20 | 0.44 | 0.87 | 0.97 | 0.85 |
| ALT (U/L) | 25.02 | 24.40 | - 0.62 | 0.19 | 0.33 | 0.00 | 0.00 |
| AST (U/L) | 34.97 | 34.33 | - 0.64 | 0.30 | 0.50 | 0.00 | 0.00 |
| γ GT (U/L) | 14.47 | 16.21 | + 1.74 | 0.55 | 0.02 | 0.00 | 0.23 |
| Erythrocyte MDA (nmol/g Hb) | 361.51 (n=25) | 372.64* (n=25) | + 11.13 | 0.05 | - | - | - |
| Erythrocyte GSH (mg/dL RBCs) | 80.93 (n=25) | 72.42* (n=25) | - 12.51 | 0.01 | - | - | - |