

EVERYTHING ABOUT SMOKING AND ITS HARM

October 2016

How did Tobacco and Cigarettes get Discovered?

Ever since tobacco was found in 15 October 1492 by the American Indians, it got spread all across the world very quickly. However, cigarettes were not invented until 1865 where Washington Duke handmade rolled cigarettes for the soldiers.

Why is Smoking bad for you?

It can lead to various diseases such as:

- Many different types of cancer
- Heart diseases
- Cataract
- Pneumonia

Not only that, it can also cause a premature death. There are thousands of people dying from smoking all across the world on a daily basis, according to the Cancer Research UK – 1 human dies from lung cancer every 15 minutes in the United Kingdom. 90% of all lung cancer cases are caused by smoking all across the world. It has been researched that smokers die 10 years sooner than those that do not smoke.

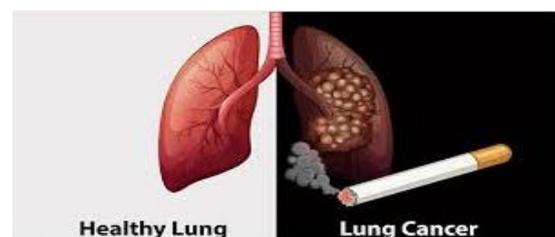
Some people might be unaware of how harmful smoking actually is for the human body, in some cases it can even lead to different types of leukaemia.

As people feel more relaxed when they smoke it causes them to become less physically active which then can lead to obesity and therefore diabetes.



As tobacco contains an addictive drug – nicotine, a lot of people become physically and mentally dependent on the substance. Nicotine when inhaled travels to the human brain in the matter of seconds which makes them feel more relaxed and calm some people might even feel pleasure.

Cigarettes also realise a smoke which is known as carbon monoxide it is very bad for the human body it is equivalent to the smoke that car exhausters generate. Carbon monoxide is what causes most of the cardiovascular diseases for smokers.



Other Side Effects of Smoking

Apart from all the harm to health that smoking causes, there are various other side effects which might not be as obvious.

A smoker will develop a loss of taste sense and also – smell, this can have a long term impact on every humans' life. Not only that, it can also cause some changes in their appearance as the smoke makes teeth yellow which can be very unattractive it also gives bad breath and it is not pleasant. Most of the time it leads to people develop early wrinkles on their body which will make them look much older than what they actually are.

It is also very harmful to people around you as inhaling the cigarette smoke is actually much worse. Especially children as they will get their lungs damaged at such a young age as smoke from cigarettes makes the lungs growth slower.



WARNING
SMOKING DAMAGES
YOUR TEETH

Smoking Facts

- 15 billion cigarettes are smoked worldwide each day
- 69% of smokers want to quit, but struggle
- one third of the world smokers are Chinese
- smoking makes your hair turn grey quicker
- 48 hours after quitting smoking all the nerves get restored and therefore sense of taste and smell improves
- based on statistics, smokers tend to die 13-14 years earlier than those who do not smoke
- smokers are more likely to develop asthma
- babies who inhale smoke are more likely to get bronchitis and also pneumonia
- non-smokers who inhale cigarette smoke on the daily basis have a much higher chance of developing heart diseases in the long term
- children who inhale second hand smoke are more likely to get ear infections



Reference:

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