

The effects of smoking

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Smoking involves the inhalation and exhalation of exudes coming from flaming plant material. Quite a number of plants may be smoked including marijuana. However, the term “ smoking” regularly relates to tobacco inhalation in a cigarette, pipe or cigar. Tobacco is the principal raw material in cigarettes. It is also the cause of health-related problems. Tobacco has nicotine, an addictive constituent that is responsible for making individuals crave to smoke.

It has a stimulating psychoactive as well as sedative effect on the individual. Smokers need sufficient amount nicotine over an elongated period in order to satisfy their yearning or control their temperament (Hayashi 21). Causes and Effects of smoking A lot of individuals engage in this act for varying reasons. These may include parental influence, curiosity, peer pressure, depression as well as idleness. The amount of cigarettes smoked by an individual is determined by ones’ “ craving”.

Currently, the growth tobacco has become rampant. In addition, classified ads of diverse cigarette products are common. With regard to these developments, quite a good number of individuals have ignored the consequences of smoking. Regardless of the reason an individual has given, the effect of smoking is so severe. This affects the entire human population in a particular way.

Here, both smokers as well as non-smokers feel its impact (Fisher and Berry 34). Smoking has led to death of many individuals. Various studies reveal that smoking has led to the death of several people than fires, suicide cases, traffic accidents, AIDS and accidental poisoning combined. The impacts of

smoking vary from one individual to another. This is determined by one's tolerance to tobacco or resistance to the chemical content, nicotine.

Additional factors that may be influential include: the duration in which a person has been smoking and the amount of cigarette sticks one smokes at a time.

The effects of smoking on one's well-being also varies. Some of the consequences include: awful breath, distorted hair structure, odor from the body as well as deaths. A smoker might have increased heart rate and blood pressure. Consequently, he or she may have a decreased blood flow to the rest of the body parts like hands and toes (Hayashi 45). Additionally, smoking leads to dizziness, nausea, watery eyes, destabilized sense of taste and smell, hyperacidity, and also appetite loss. The trouble of infertility in women and impotence in men is linked to one's smoking habit.

This has negatively impacted on families since it has led to the breaking up of marriages. Smokers also tend to experience severe coughs and face hardships when recovering from minor illnesses. Smoking impedes the healthy growth of the skin as it impinges on the body's physiological functions. Due to this, facial wrinkles develop at a tender age. These may make the smoker appear aged. A smoking enthusiast experiences various withdrawal symptoms in the case that he or she chooses to stop smoking.

These include anxiety and nervousness. The unrelenting desire to smoke further troubles the individual. In order to cope up with self-restraint, an individual may be forced to avoid friends and places that influence him or her to participate in smoking (Fisher and Berry 67). Smoking addicts have a

higher risk of developing other smoking-related illnesses. Such illnesses may include respiratory tract problems like pneumonia and chronic bronchitis.

They may further get and peripheral vascular complications as a result of the reduced blood flow to the legs. Emphysema has become so common among smoke addicts because their lungs cave in as a result of the miniature air-holes that develop in the lungs. Additional ailments aggravated by smoking include: heart attack and coronary diseases (Hunter 36). One of the fatal diseases associated with smoking is cancer, which is manifested as lung cancer. In addition, illnesses of the mouth, throat, pancreas, bladder, stomach, kidney, and cervix are linked to smoking.