

Smoking hazards



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Everyone knows smoking is dangerous and harmful to many aspects of your health, yet people still smoke and disregard the effects to themselves and people around them. Smoking cigarettes can have a lot of negative effects to your appearance, body health and close ones to you. Smoking yellows your teeth and fingers/fingernails and studies show that it also speeds up aging in the facial area. Diseases smoking can cause are heart disease, emphysema, cancer of the lungs, larynx, oral cavity, and esophagus. It shortens your life span greatly and in the future, smoking has no positive effects.

A big problem for families that have smokers in it are second hand smoke, especially for children. Second hand smoke exposure causes disease and death in children and adults who do not smoke. This article I've read gives many good reasons to quit smoking and here are some of them. Buying cigarettes is now very expensive, especially in New Jersey. Smokers spend thousands and thousands of dollars a year on buying cigarettes. We all know that taxes on cigarettes aren't going down either so it's just a waste of money. Other quick facts are you won't have to keep painting over the yellow stains on your walls.

Everytime your running or working out, you won't be gasping for air so quickly. Lastly, did you know that every cigarette you smoke cuts off 11 minutes of your life span? Do the math and see how devastating smoking really is. In conclusion, smoking is pointless, money consuming and it kills you or the people around you. Have you ever heard of any sane person to do or let alone buy something that does nothing but kill them? 2. 1 billion people in the world do it, and it's called smoking. Stop now and have a better life style.