

Smoking effects

[Science](#), [Epidemiology](#)



Specialists have enough evidence to prove that lung cancer and heart disease are closely linked with smoking. Even though over 430, 000 people die as a result of smoking related disease each year, over 50 million continue to smoke, including over 3 million teens. In Ireland about 6000 people die each year from smoking-related diseases. This is 10 times more than the number killed each year in road accident. So why do people still smoke? Don't they realise that smoking has many negatives results? Cigarettes contain nicotine which ruins people's lives in 3 ways? It has negative effects upon their physical health, their social life and their financial situation. Each cigarette contains around 4, 000 chemicals which damage the smoker's body in a variety of ways. According to the American Lung Association, cigarettes cause 87% of lung cancers and also lead to different serious disease such as heart attacks and strokes, due to the chemicals which damage the heart muscles and blood vessels. Smokers do not have to smoke every day to become addicted. Regular smokers find that it is easier to get a cold or a cough and much more difficult to keep fit. Smokers also are more likely to have circulation problems Smoking also affects the reproductive system, especially in women. They may suffer irregular and absent periods, menopause, which occurs earlier, and their risk of cervical cancer is increased. Another negative effect of smoking is its impact on a damage their own health but also damage the health of those around them. As a result, in many countries laws have been changed and today, there are only a few public places where people can smoke in public. Even though people have been educated to know the dangers of smoking and passive smoking, they still do this. do not want to be close to smokers because they know it is

dangerous for them. Lastly, smoking affects a smoker's financial situation. They spend a lot of money on cigarettes each day and do not realise that they could spend money on other pleasures, which would not ruin their lives and health. Conclusion Smoking has many negative consequences. People, who smoke, should realise that it destroys their lives in many ways. The government does everything to help people to quit because it is no longer only a health issue but a political and environmental issue as well. Chemists can provide medicine or nicotine chewing gums, to help smokers to quit. Giving up smoking is not easy for smokers but everyone knows that smoking damages life in many ways. Therefore, if you never start smoking you will never have to know how hard it is to stop. If people want to give up smoking for good need to take a closer look at smoking and understand why they smoke. What are the effects of smoking on their life and future — good and bad? Bibliography internet American Council on Science and Health Wikipedia, the free encyclopedia [http: www. quit. ie](http://www.quit.ie) INFORMATION ON SMOKING AND HEALTH