

# [October 12, 2012](https://assignbuster.com/october-12-2012/)

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October 12, 2012 How Cigarette Smoking Can Effect Health Cigarette smoking has been protested in the United States for many years. Smoking is known to cause sickness to those who actually smoke, and those who have to deal with second hand smoke. Somehow people still seem to ignore all the health warnings that are posted all around them, even the ones that are on the carton. Not only do they make people sick, cigarettes have other effects as well. The smoke and nicotine in them can make people and items smell. They put others at risk of getting sick such as children, babies and other adults. It even puts the smoker at risk of death. First, cigarette and tobacco smoke leaves a horrible odor behind. That odor gets embedded in people’s clothing, hair, cars, or wherever they are. There was a new law passed that makes it illegal to smoke in public restaurants. The law was created because non-smokers do not want to have to smell the burning cigarettes while they eat. Also they do not want to become victims of second hand smoking. Next, second hand smoking is just as bad, or worse, than actually smoking. When that puff of smoke blows in someone’s face, they are inhaling all those chemicals that are packed into those little cancer sticks. Unfortunately for them, that smoke is not filtered like the cigarette itself. That is why pregnant women who smoke, put their unborn child at risk of becoming seriously ill. Children are at a higher risk of illness when it comes to smoking. Their lungs aren’t fully developed so they cannot handle the smoke as well as adults. Lastly, human lungs are not meant to inhale all that poison, so over time it can kill a smoker. Many smokers will start to develop a cough, known as a “ smoker’s cough" . This is due to their lungs becoming damaged. The nicotine in cigarettes will also start to damage healthy cells. Over time the possibility of cancer increases. Smokers can also develop emphysema or other breathing complications. If left untreated, they will die. Although not all smokers will become sick, the possibility is there, so do not take the risk. In conclusion, smoking is a dangerous risk in life. It can make people smell or make anywhere they are smell. They put others at risk when smoking around them, especially children. Also they put themselves at even greater risk of becoming terminally ill. So be smart and do not start.