Persuasive tobacco speech

430, 000 people died last year. They all had one thing in common each one of them spent about $ 3500 dollars a year on the cause of that person's death. Which is SMOKING! Smoking can affect people in many different ways, not only are there health issues for yourself when you smoke, but if you smoke around others they can get second hand smoking and have health issues to because of them, another reason smoking is really bad is because the cost per pack of cigarettes is around 5 dollars a pack. Each person spends around $300 a month just on cigarettes and that can go to a number of different things. So first off smoking cigarettes is obviously really bad for your lungs, it can make you have a really bad cough, and you can lose your breath a lot quicker than most people who don't smoke and you get tired a lot easier. There is also cancer that comes from smoking cigarettes which is not only bad for you but everyone around you who loves and cares for you. Increase in coronary heart disease by 2 to 4 times. Increase in a stroke by 2 to 4 times. Increased dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times. And those are just some of the health risks from smoking cigarettes. Not only does it affect your heath but if you are smoking around others such as children it can increase asthma and other breathing issues, and it increases there chance of being a smoker once they grow older. Second hand smoke causes an estimated 46, 000 premature deaths from heart disease each year in the United States among nonsmokers. Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25—30%. Breathing secondhand smoke interferes with the normal functioning of the heart, blood, and vascular

systems in ways that increase the risk of having a heart attack. Even brief secondhand smoke exposure can damage the lining of blood vessels and cause your blood platelets to become stickier. These changes can cause a deadly heart attack. Those are just a few of the effects of secondhand smoke. And lastly smoking doesn't just affect your health it can affect your wallet too. Not only is it just expensive to purchase the cigarettes, there are dental costs because the smoke is very bad for your teeth and can rot them. There are costs of damaged items from smoke build up on them, and in the item such as a TV, or a computer or other electronics. The cost of smoking can add up to a whole lot more than most people think. If a smoker is going through a pack about everyday that's around 40 dollars per week depending on where you live. So annually smoking can cost anywhere between $1, 500 dollars to $4, 500 dollars that's f you smoke a pack a day but some people smoke more or less. And then all the long term health costs from smoking can get super expensive. All in all it's just not a good idea to smoke cigarettes its super bad for you , for others and for your wallet. That's why I think people should try to just quit smoking. Sources: http://www. cdc. gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/ http://www. cdc. gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/ http://www. investopedia. com/financial-edge/0709/the-real-cost-of-smoking. aspx#axzz2MctjyOOn