

# Effects of the smoking on humans health

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Summary A lot of people die because of smoking. A major reason why people smoke is that they do not realize what harm smoking causes to the health. The inhaled smoke harms the biological system that oxygenates the bloodstream, but smokers may not know that. Carbon monoxide present in the cigarette smoke reduces the transported amount of oxygen through blood. This research project compared a group of smokers with a group of non-smokers to study the relationship between smoking and level of oxygenation in the blood. There were a total of 13 members in each group. A pulse oximeter was used to gauge the levels of blood oxygenation. On the basis of the previous research, this research project's results should identify lower levels of blood oxygenation in the smokers as compared to the blood oxygenation levels of the non-smokers because of the reduced efficiency of the smokers' bodies to carry oxygen through the bloodstream. Differences between the blood oxygenation levels of the selected groups were measured using means, t-tests, and standard deviations. In spite of the support of the previous research for drastic difference between the blood oxygenation levels of the two groups, this research project did not find any significant difference. The major anticipated reason for the deviation of the results of this research from the previous researches is that the groups selected for this research comprised young people whereas the effects of smoking possibly take time to reveal themselves. Retesting the same groups after some time is recommended.

#### Works Cited:

Ross, Melissa. " Effects of Smoking on Blood Oxygenation Level." Purdue University. 2010.

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