

Stop smoking right now

[Health & Medicine](#), [Addiction](#)



Diamanta StopSmokingRight Now Do you know every 10 seconds someone dies from smoking related diseases? There are many people who have smoking habit nowadays, and the age of first time smokers is getting lower in Taiwan. People start smoking for many different reasons, some think smoking lets them feel relaxed, some think smoking looks cool, and others may just want to try. However, when people start smoking, it will be hard to stop because cigarette contains tobacco which makes them become addicted.

These smokers enjoy smoking every day, but they seem to not know that smoking causes so many problems which not only concern themselves, but also other non-smokers. In my opinion, people should give up smoking right now because smoking affects their interpersonal relationship, does harm to human health, and brings secondhand smoke. For one thing, smoking concerns smokers' interpersonal relationship. When people are smoking, most non-smokers dislike the smell of cigarette. In fact, this irritant smell will cling to smokers for a long time, including their hair, body, and clothes.

Moreover, smokers' breath always reeks of cigarettes, and it is also hard to be removed. Actually, it is very impolite and offensive to talk with others with the stale cigarette smoke. On the other hand, smokers' teeth will become yellow if they smoke too much. Expect the smell of cigarettes; unclean teeth also give others a bad impression. In short, smokers should try to be considerate to others' feeling, especially when they are in public. Second, smoking influences on human health. Smoking can seriously damage human body, and it is considered to a health killer.

Actually, the most serious problem is studies have confirmed that smoking causes various kinds of cancer, including cancers of nose, mouth, throat, and lung. The more cigarettes a person smoked each day, the more risk of cancer increases. However, heart disease also relative to smoking. Heart disease is the leading cause of death today, and there are a large number of people who die from heart problems because they smoke heavily. Another bad effect of smoking is aging of the skin. Smoking consumes Vitamin A in the skin and cause wrinkles, especially around the lips and the eyes.

On the other hand, pregnant women also should not smoke. A pregnant woman who has smoking habit also influences on the unborn baby, and it may cause her baby born too early or with low birth weight. To sum up, smoking really causes a variety of bad effects on human body. Finally, smoking makes secondhand smoke. Secondhand smoke is also called environmental tobacco smoke. In fact, Secondhand smoke is the smoke that comes from the burning end of a cigarette and the smoke exhaled out by the smoker. When people stand near a smoker, they breathe secondhand smoke. However, many people still do not realize the dangers of secondhand smoke.

Actually, secondhand smoke also affects non-smokers, and it is very harmful to human body. Secondhand smoke has more than 50 chemicals that cause lung and breathing problems, including coughing, hard to breathe, moreover, it is possible that it causes lung cancer even people do not smoke. In addition, according to the researches, secondhand smoke increases the risk of heart disease by 15 to 20 percent. In Taiwan, secondhand smoke cause

about 20, 000 of the deaths of heart disease each year. As a result, everyone should keep away from smokers because secondhand smoke is dangerous.

In conclusion, smoking is against social politeness, causes damage to both smokers' and non-smokers' health, and makes terrible secondhand smoke. Smoking really does not bring any benefit, so people should not smoke or buy cigarettes anymore. I think smokers must realize that not just their health will be affected; everyone around them is also influenced by their bad habit. For staying in good physical condition, smokers should consider to take steps towards quitting smoking from now. Staying smoke free let people keep healthy, get more energy, and live a better life.