

Science culminating

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



Science Culminating Why People Should Smoke Publicly By: Jane Striezova
Course Number: SNC2P Teachers Name: Kevin Quinn Due Date: January, Friday 11th, 2013 2P Science- Culminating Part 2 Opinion Writing | Problems With Smoking Publicly | Further Information | | Triggers Breathing Problems | Public smoking could cause non-smokers in the area to have a | | | medical emergency because of to breathing problems. Action on | | | Smoking and Health states that more than 100 million Americans | | | have problems with asthma, bronchitis and other breathing-related| | | conditions that smoking can aggravate. | | Circulation Issues | The American Cancer Society states that second-hand smoke causes | | | immediate heart and blood circulation problems. This could cause | | | lung cancer and heart disease if people who do not smoke | | | consistently get exposed to second-hand smoke. Public smoking | | | could put people who have never smoked at risk for these | | | diseases. | | Rising Health Care Costs | Public smoking costs a significant amount of money by causing | | | diseases. " USA Today" states that cardiovascular diseases cost | | | the country almost \$5 billion dollars a year, which can be | | | reduced by 17 percent if public smoking gets banned. This means | | | that people will miss work less and avoid spending as much time | | | in the hospital because of second-hand smoke's effects. | | Irritation | Public cigarette smoke causes people annoyance and irritation, | | | according to Action on Smoking and Health. People might choose to| | | move away from smokers because they do not want to breathe toxic | | | chemicals. Public smoking could mean people would not want to | | | spend time with their families and friends in areas infiltrated | | | with cigarette smoke. | 1 Personal Essay On Public Smoking Do you know that second hand

smoking can cause cancer, coronary heart disease and respiratory problems? It can even cause death. Smoking has two main bad factors: it is as addictive as heroin and your social relationship gets damaged. Cigarettes contain chemicals, which are highly harmful and addictive to our body. The main problem is nicotine. Firstly nicotine alters the balance of your brain chemicals. The two chemicals that are affected are dopamine and noradrenalin. When these chemicals are altered it can cause dramatic change of mood and concentration change negatively. Also the more you smoke the more you get used to it so you need more and more smoke to get the feeling again. Secondly nicotine is highly addictive and is difficult to quit. You usually have to ask NHS, which is an organization that helps you to quit smoking, for help. When you get help from NHS the possibilities of quitting smoking is four times more than trying to quit by yourself. Finally all these chemicals cause cancer and even death. 114, 000 people die from smoking in the UK every year. Who would want to live with a stinky tobacco smelling person even if it is your parent? It's not only the smell but also breathing the smoke from a cigarette, which is called second hand smoking, can cause sickness and death. Second hand smoking is the main reason why we hate smokers next to us. Second hand smoking can cause circumstances as bad as death. A lot of people see their relatives die because of second hand smoking. It's as nearly bad as smoking itself. Smoking is a harmful hobby that causes humongous damage to you and other people close to you and being addictive as heroin two reasons why smoking should be stopped at least in public places. 2