

# Disadvantages of smoking

[Science](#), [Social Science](#)



The paper " Disadvantages of Smoking" is a wonderful example of an essay on social science.

Tobacco or cigarette smoke has ingredients that are chemically active.

These ingredients can start fatal and dramatic changes to the body. It contains more than 4, 000 chemicals which harm the human body. Some of these include nitrogen oxides, tar, metals hydrogen cyanide, radioactive compounds, and ammonia.

Smoking has immediate or short-term effects on the body of a smoker. It can compress the airway of the lungs. It increases blood pressure and heart rate.

Tobacco smoke has carbon monoxide which deprives tissues of oxygen.

Smoking also has serious long-term effects. Smoking causes emphysema, lung cancer, and many other respiratory diseases. Ninety per cent of all lung cancers are caused by smoking. Smoking can also lead to laryngeal and oral cancer. Smoking also contributes to heart diseases. The risk of a stroke in smoking men is increased by 40% in men and 60% in women. The drug nicotine that is present in tobacco is addictive, which makes it difficult to quit.

Smoking does not harm just the smoker it affects the people around the smoker as well, such as coworkers, family members, and friends. This is called passive smoking or second-hand smoking. Children who suffer second-hand smoke are at the risk of acquiring pneumonia, bronchitis, coughing, middle ear problems, wheezing, and asthma. A teenager whose parents smoke is more likely to get into the habit of smoking than a teenager whose parents does not smoke. Babies of pregnant women who smoke are usually underweight, which can also result in death.

Smoking is very injurious not only to the smoker but also to the people around him. “ Overall, the average smoker dies seven to eight years sooner than an average nonsmoker”