

# Adverse effect of smoking habit

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## Effects of Smoking

### Introduction

Smoking is an activity that is practiced by plenty of individuals across the globe; it is a routine practice that has developed to be an habit and later on addiction. Nicotine is the substance that is found inside the cigarettes that smokers gets addicted too, this is what causes them to want to smoke each and every single day. Nicotine restores the body functioning system of a smoker into normality after a prolonged sessions of non-smoking. The amount of smoke that a smoker inhales determines the level of nicotine that is inhaled hence the harm.

One of the most common effect of smoking is; adverse effects on the respiratory system I. e. it impairs the lungs clearing system. This is the most lethal smoking related effects, it does this by creating a build-up of poisonous particles thus resulting to irritation and poisoning of the lungs clearing system, as a result, it leads to difficulties in breathing. It is approximated that, 12to 13 victims are likely to succumb to the effects of smoking in relation to the respiratory aspect. This is due to the permanent damage that nicotine impacts on the tracheal system of an individual.

Smoking can also lead to several types of cancer, this includes; cervix, liver, trachea, bronchus, larynx and lung cancer. Cancer is the world deadliest disease after HIV disease. Smoking triggers cell receptors to develop abnormal growths in such organs, continued smoking habit leads to permanent development of this growth which then spread to other parts of the body. This affects the victim fully thus leading to death. In USA, one of every three cancer deaths is caused by the effects of smoking. This is due to the continued and excessive practice of smoking habits.

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Lastly, smoking habits causes increased chances of miscarriages among pregnant women. A Time pregnant women can also experience premature birth or stillbirths. This calls for an alarm on the population of future generation. In case of successful births, low birth weight is always associated with the newborns, this have a long-term effect on the development and welfare of the infant as growth takes place. According to the statistics from US health sector, 8 of every 10 cases of miscarriages or premature birth are associated to smoking habit.

In conclusion, smoking habit is harmful to every individual who is fond of smoking. Smoking is also associated to very many health risks which are very lethal and causes death, therefore, it should be brought into the public domain that smoking activity kills.

Works cited;

US Department of Health and Human Services. The Health Consequence of Smoking; A Report of the Surgeon General. Atlanta. APCS. 2012. Print.