Smoking-A Menace to Society
Smoking

- One of the greatest health hazards in today’s life is smoking. It brings in tons of health risks, affecting nearly every organ of the body besides claiming hundreds of lives every year. Not only it affects the smoker’s life and cognitive functions but also the community at large.

- The smoke eluded from burning tobacco negatively affects both smokers as well as passive smokers (non-smokers who inhales the smoke) causing ailments including sore eyes, wheezing and headaches. It’s one of the leading causes for increased cases of lungs cancer, bronchitis, respiratory problems, heart ailments, strokes, high blood pressure, weaker immunity etc.

- The huge amount of money spent for this, which if invested otherwise, would do a lot of good for the society as a whole.
Facts about Smoking

- Smoking is addictive – more than heroine and cocaine.

- Most people find it difficult to quit smoking because of its main ingredient, Nicotine. Nicotine is a kind of natural drug found in tobacco.

- Most smokers become physically dependent and emotionally addicted to Nicotine. This irresistible physical and emotional dependence gives rise to unpleasant withdrawal symptoms when a smoker tries to quit.

- When a smoker inhales smoke, the Nicotine is transported deep into the person's lungs. Then the Nicotine is quickly absorbed within the blood stream and is carried along to all the body parts through intravenously or through veins.
Reasons for Smoking

- Peer pressure
- To fit to the group
- Psychological satisfaction
- Mind relaxation, pleasure
- Out of habitual practice
- Physical & mental stress related to either personal or professional issues
- Addiction to nicotine
- To look mature
Nicotine- The Silent Killer

- Nicotine, the addictive drug content in tobacco, causes pleasant feelings and distracts the smoker from unpleasant feelings. This makes the smoker want to smoke again. Nicotine also acts as a kind of depressant by interfering with the flow of information between nerve cells. Smokers tend to smoke more cigarettes as the nervous system adapts to nicotine. This, in turn, increases the amount of nicotine in the smoker’s blood.

- Nicotine affects different body parts of a smoker adversely, especially the lungs, heart and blood vessels, the hormones and the brain.

- The devastation caused by Nicotine can be best understood from the fact that it even affects the way the body utilizes food or the metabolism rate of the body.

- During pregnancy in smoking women, Nicotine crosses the placenta and fills the amniotic fluid and umbilical cord of the newborn infant.

- It takes really long for the body to remove nicotine and its by-products. In most cases, regular smokers will still have nicotine and/or its by-products, such as cotinine, in their bodies for about 3 to 4 days after stopping.
Effects of Smoking

Serious health hazards is the prime reason why people finally opt to quit smoking. Some of the health hazards that smoking causes are as follows:

- Cancer
- Lung diseases
- Heart attacks, strokes, and blood vessel diseases
- Blindness and other problems
- Special risks to women and babies
Nicotine Withdrawal Symptoms

When smokers try to reduce or quit smoking, it gives rise to several withdrawal symptoms as follows:

- Dizziness (which may last 1 to 2 days after quitting)
- Depression
- Feelings of frustration, impatience, and anger
- Anxiety
- Irritability
- Sleep disturbances, including having trouble falling asleep and staying asleep, and having bad dreams or even nightmares
Nicotine Withdrawal Symptoms

- Headache
- Increased appetite
- Tiredness
- Weight gain
- Constipation and gas
- Cough, dry mouth, sore throat, and nasal drip
- Chest tightness
- Slower heart rate

These symptoms can make the smoker start smoking again to boost blood levels of nicotine until the symptoms go away.
Thank You!