What is Smoking?

Smoking is when people inhale smoke from a source such as a cigarette, electronic cigarette or cigar. People afterwards exhale the smoke.

When did Smoking first start?

Smoking originated from tobacco’s popularity. In 1492, Christopher Columbus met with Native Americans and saw they used tobacco for medicinal treatment. After Columbus landed in Portugal after his meetings with the Natives, he showed Europeans what tobacco was used for and they started to use tobacco for smoking [1]. Europe popularized smoking since the late 15th century which encourage other people from across the world to smoke. In the early 20th century, cigarettes containing tobacco were being sold, though in 1964 a Surgeon’s Report declared smoking can deteriorate a person’s health badly [2]. Today people still smoke cigarettes or cigars that contain tobacco.

Why Do People Smoke?

People start smoking for various reasons. People often see their family, friends or others smoke which influences them to start smoking or they think smoking can relive their stress from the problems they currently face. Smoking habits often occur due to social influence.

What is in a Cigarette?

A cigarette has 599 ingredients! Some of the ingredients include Benzene, 2-napthylamine, 4-aminobiphenyl and more chemicals humans shouldn’t digest [3]. Due to consuming these chemicals, smokers increase their chances of developing one or more diseases.

Smoking Disadvantages:

Smoking can cause the following:

Changes in behavior due to the urge to smoke

Expensive

Develop more diseases, problems breathing, energy

Aging and Physical Appearance Changes

Smoking leaves a strong smell non-smokers do not like

Possible second-hand smoke exposure to others

Diseases

Smoking can cause the following diseases:

Lung Cancer

COPD (Chronic Obstructive Pulmonary Disease)

Heart Disease

Stroke

Asthma

Diabetes

Blindness

Cataracts

Age-Related Macular Degeneration

Colon Cancer

Cervix Cancer

Liver Cancer

Stomach Cancer

Pancreatic Cancer

Smoking Statistics

Why People Continue to Smoke

People continue to smoke cigarettes since it has an addictive chemical called nicotine. Nicotine is responsible for changing the nervous system which why people often see smokers have changes in their mood or behavior. [7]

Getting Help Today

There are organizations dedicated to help people quit smoking. Please contact the CDC or Quit.com for assistance.

Sources:

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Organizations:

https://www.cdc.gov/

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