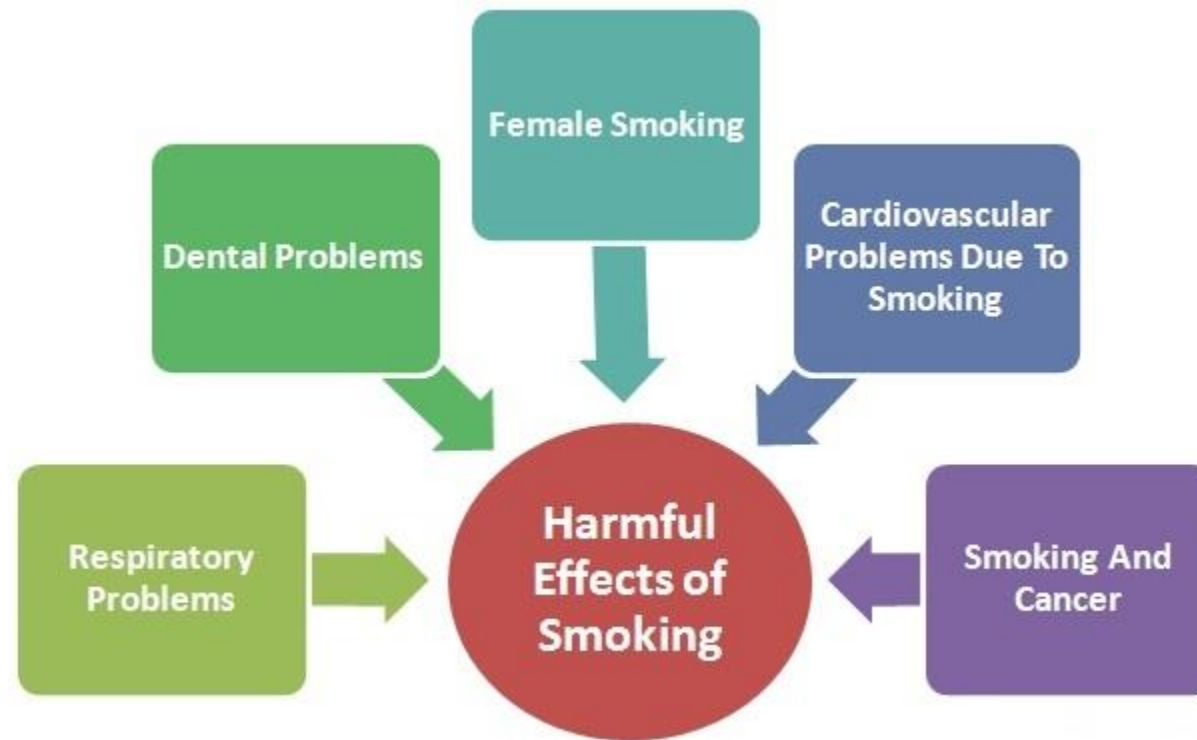


# **HARMFUL EFFECTS OF** **SMOKING**

***BIOLOGY POWERPOINT PRESENTATION UT-3***

***ACTIVITY—GROUP-3 - BOYS***



## **Interesting Facts To Know About Smoking**

**Nicotine, An Active  
Ingredient In Cigarette,  
Reaches Brain Within  
Ten Seconds Of  
Smoking A Puff**

**Smoking Increases  
Carbon Monoxide  
Levels In The Body  
That Binds To  
Hemoglobin In Red  
Blood Cells**

**Smoking Directly  
Damages Our DNA  
Via Oxidative Stress  
Mechanism**

**Smoking Decreases  
The Levels Of Anti  
Oxidants In The  
Body And Hence  
Increases The  
Aging Process**

# WHAT IS SMOKING ?

- **Smoking** is a practice in which a substance is burned and the resulting smoke breathed in to be tasted or inhaled.
- Most commonly the substance is the dried leaves of the tobacco plant which has been rolled into rice paper into a small, round cylinder called a "cigarette". In the case of cigarette smoking these substances are contained in a mixture of aerosol particles and gasses and include the pharmacologically active alkaloid nicotine; the vaporization creates heated aerosol and gas to form that allows inhalation and deep penetration into the lungs where absorption into the bloodstream of the active substances occurs.
- Other smoking implements include pipes, cigars, bides, hookahs, vaporizers, and bongos. It has been suggested that smoking-related disease kills one half of all long term

# **HARMFUL CONTENTS OF A CIGARETTE**

- **Nicotine (pesticidal) in cigarette.**
- **Ammonia (bathroom cleaner).**
- **And other harmful objects**

# CONTENTS IN A CIGARETTE

What is in a Cigarette?



# NICOTINE (PESTICIDIC) IN CIGARETTE



# **NICOTINE (PESTICIDE) IN CIGARETTE**

- Nicotine is found in the nightshade family of plants and a stimulant drug. It is made in the roots of and accumulates in the leaves of these plant it also consists of tobacco. Nicotine was widely used as an insecticide in the past .it is a very addictive drug and reduces the amount of cells that protect us from cancer as every week cancer cells are formed these cells fight with them and if they are reduced then the risk of cancer increases .



# AMMONIA (BATHROOM CLEANER)



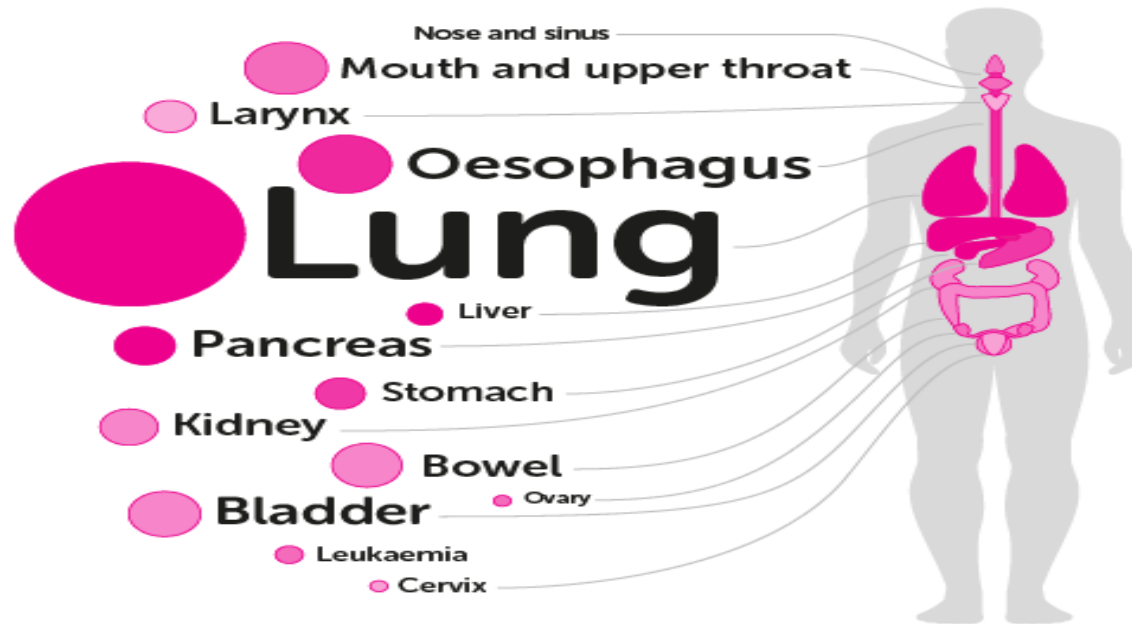
# **AMMONIA (BATHROOM CLEANER)**

- Ammonia is a toxic, colorless gas with a very sharp odor. Ammonia occurs naturally in the environment and is also a product of human activity.
- Ammonia compounds are commonly used in cleaning products and fertilizers. Ammonia is also used to boost the impact of nicotine in manufactured cigarette.

# HARM OF SMOKING TO THE BODY

## SMOKING CAUSES 14 TYPES OF CANCER

64,500 cancers are caused by smoking each year in the UK. They are:



The size of the circle shows how many cancer cases are caused by smoking.  
Darker circles show types of cancer where survival is lowest.  
The number of nose and sinus cancer cases caused by smoking is not estimated  
because the precise smoking-related risk increase is not known.

Let's beat cancer sooner  
[cruk.org](http://cruk.org)



# HARM TO LUNGS

TOBACCO SMOKE CONTAINS TAR, A BLACK, STICKY SUBSTANCE AS WELL AS MANY OTHER CHEMICALS. THIS COATS THE LINING OF THE ALVEOLI AND GREATLY INCREASES THE RISK OF EMPHYSEMA

. THE STRUCTURE OF THE ALVEOLI BREAKS DOWN SO THAT THERE ARE FEWER, LARGER AIR SACS.

THIS REDUCES THE SURFACE AREA AVAILABLE FOR GASEOUS EXCHANGE AND MAKES SUFFERERS BREATHLESS.

THEY MAY NEED OXYGEN AND IT CAN BE A CAUSE OF DEATH.

# HARMS OF SMOKING ON THE RESPIRATORY SYSTEM

- CARBON MONOXIDE FROM THE SMOKE IS TAKEN INTO YOUR BLOOD INSTEAD OF OXYGEN. YOUR CELLS GET LESS OXYGEN FOR RESPIRATION AS A RESULT, SO YOU ARE MORE LIKELY TO GET BREATHLESS WHEN YOU EXERCISE.

# Longer term effect

- CIGARETTE SMOKE IS ACIDIC AND CONTAINS MANY DIFFERENT CHEMICALS. AS A RESULT IT CAN CAUSE IRRITATION OF THE LINING OF THE BRONCHI AND BRONCHIOLES.
- THE LINING BECOMES INFLAMED AND SWOLLEN AND MAY ALSO BECOME INFECTED. EACH TIME YOU SMOKE ANOTHER CIGARETTE IT ADDS TO THE IRRITATION. THIS CAN LAST FOR MONTHS AND EVEN YEARS, CAUSING SHORTNESS OF BREATH, COUGHING AND CHEST PAIN. THIS IS KNOWN AS CHRONIC BRONCHITIS .

# RELATIONSHIP BETWEEN LUNG CANCER AND SMOKING

- LUNG CANCER IS VERY COMMON AMONG SMOKERS EVERY 3 AMONF 5 CANCER PATIENTS IS DUE TO SMOKING THERE ARE VERY RARE CASES OF LUNG LANCER AMONG NON SMOKERS
- **Tobacco is the single biggest cause of cancer in the world**
- Experts agree that tobacco is the single biggest avoidable cause of cancer in the world <sup>1,2</sup>. Smoking causes over a quarter (28 per cent) of cancer deaths in the UK

Lung cancer is now the most common type of cancer in the world, and the total number of cases that occur annually is estimated to be 1.2 million (Parkin et al., 2000).

The causal relationship between tobacco smoking and lung cancer was established during the 1950s Tobacco smoking was considered to be causally related to cancer of the lung in the IARC Monograph on tobacco smoking based on the findings of the studies available at that time (IARC, 1986). Since 1986, much further evidence has accumulated on the magnitude of the increase in lung cancer risk associated with prolonged smoking, the progressive increase in smoking rates in women as well as in men, the decrease in risk that occurs among smokers after cessation compared with smokers who continue smoking, and the increase in the risk for cancer of the lung in smokers in recent years.

# A SHORT INTERVIEW OF SOME SMOKERS

- PERSON 1

AGE :ABOVE 35 BUT SEEMS LIKE 55-60

CIGARETTES IN 1 DAY : 30

COUGH: EVERY MORNING

MOUTH IS IN BAD CONDITION



# PERSON 2

- AGE :ABOVE 30 LOOKS LIKE 45
- CIGARETTES IN ONE DAY: 10
- COUGH: ALMOST EVERY WEEK

# PERSON 3

- AGE 25 ABOVE LOOKS LIKE 30 ABOVE
- CIGARATTES IN ONE DAY: 15
- COUGH: TWICE OR THRICE A MONTH

# HEALTH RISKS OF SMOKING

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**1 OUT OF 2**

long-term smokers will

**DIE FROM TOBACCO.**



Every cigarette smoked  
**CUTS 5 MINUTES OF LIFE**  
on average - about the time taken to smoke it.

Smoking is the single

**LARGEST PREVENTABLE CAUSE**

of disease and premature death.

Cigarettes contain more than  
**4,000 TOXIC OR CARCINOGENIC**  
chemicals.

**1 OUT OF 4**

heart diseases victims and



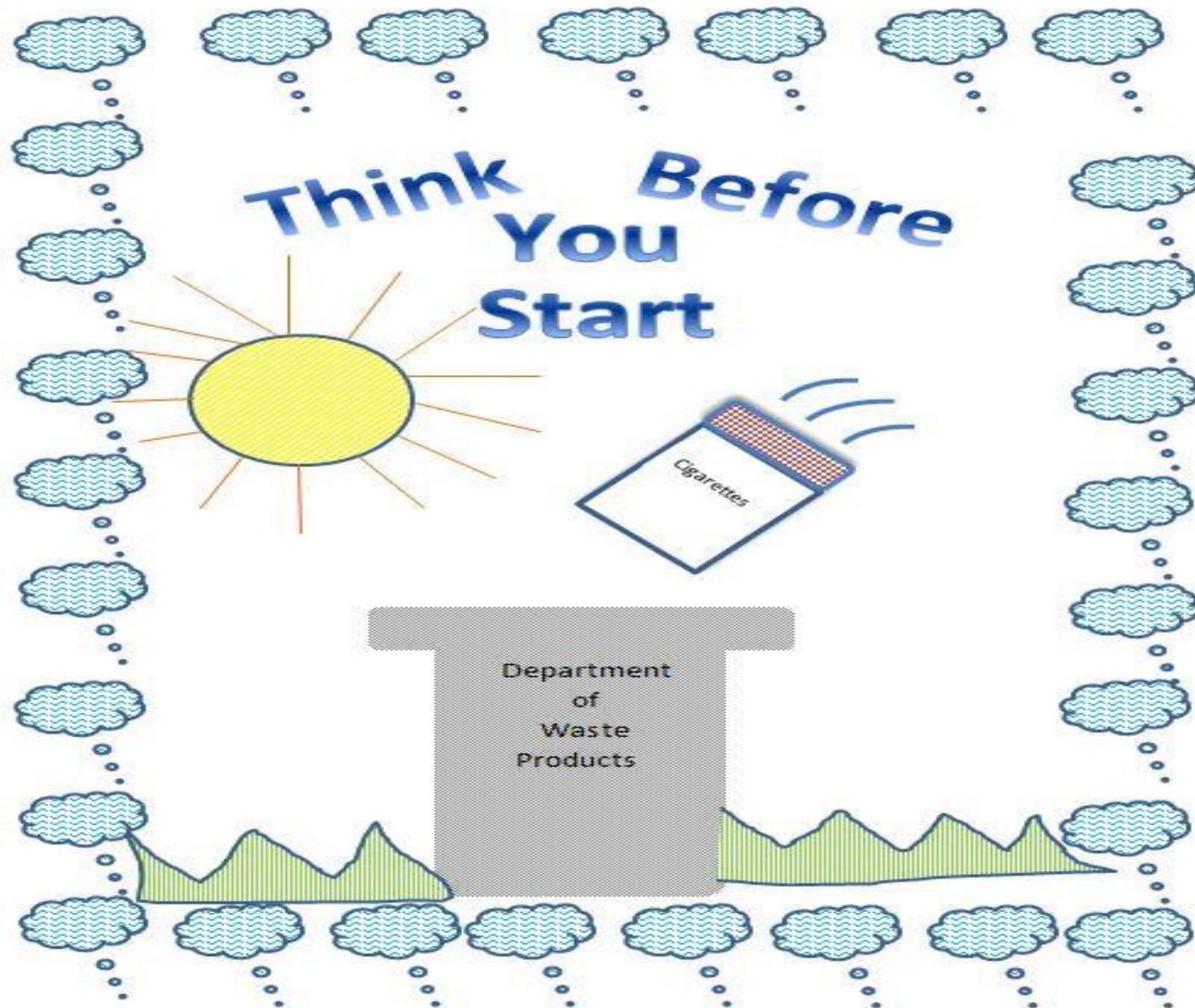
**3 OUT OF 4**

chronic bronchitis victims



**ARE SMOKERS.**





• **THANK YOU**

**FOR**

**WATCHING !!!**

- DONE BY::::

KRISHNARAJ

SAHIL BASHEER

ROHIT

SAHIL SHETTY

YAMIN

SHIBIL

VARUN

VEDANT

SURAJ

ZAHID

ROSHAN

KEVIN