Cigarette

Background Research

Cigarette smoking is one of the leading causes of preventable death in the world. As of 2017, tobacco use is responsible for over 8 million deaths. This is due to the fact that cigarette smoking is associated with an increased risk of many serious diseases, such as lung cancer, emphysema, and COPD. Additionally, those who smoke cigarettes often have higher rates of heart disease and stroke.

Problems & Affects

- Smoking cigarettes can cause numerous adverse health effects, such as increased risk of heart disease, stroke, and lung cancer.
- Cigarette smoke contains more than 7,000 chemicals, including at least 70 that are linked to cancer.
- Smoking cigarettes can damage almost every organ in the body, causing many health problems.
- Those who smoke are at greater risk of developing certain infections, such as tuberculosis and pneumonia.
- Secondhand smoke from cigarettes is also very dangerous to non-smokers, increasing the risk of various diseases.

Prevention Steps

- Quit smoking immediately.
- Avoid exposure to secondhand smoke.
- Seek help from local resources.
- Make lifestyle changes, such as exercising and eating healthier foods.
- Practice stress management techniques.
- Avoid triggers, such as seeing people smoke or being around environments where smoking is common.

Conclusion

Smoking cigarettes is a dangerous habit that can have severe negative impacts on your health. It is important to be aware of the risks and take steps to reduce your exposure to cigarette smoke.