

Problems & Affects

- Cigarette smoking has been linked to a variety of negative health outcomes, including stroke, cancer and death.
- Tobacco smoke contains over 4,000 chemicals, many of which are known to be carcinogenic.
- Smoking can cause damage to the lungs, heart, blood vessels, kidneys and respiratory system.
- It increases risk of both acute and chronic illnesses, and is associated with a number of serious diseases such as cancer, lung disease, heart disease and stroke.

Cigarette

Background Research

Cigarette smoking has been linked to a variety of negative health outcomes, including stroke, cancer and death. It is estimated that smoking causes more than 480,000 deaths each year in the United States alone, accounting for nearly one in five deaths. Tobacco smoke contains over 4,000 chemicals, many of which are known to be carcinogenic. Smoking can cause damage to the lungs, heart, blood vessels, kidneys and respiratory system. It increases risk of both acute and chronic illnesses, and is associated with a number of serious diseases such as cancer, lung disease, heart disease and stroke.

Prevention Steps

- Quitting smoking is the single most important thing an individual can do to improve their health.
- Seek medical advice from your doctor or pharmacist about medications and other treatments to help you quit.
- Reduce exposure to secondhand smoke in the home and work environment.
- Avoid smoking at social gatherings and other places where smoking is allowed.
- Educate yourself and others about the risks of smoking, and encourage family and friends to quit.

Conclusion

Smoking cigarettes can have devastating health effects on the human body, including increased risk of cancer and other diseases. Quitting smoking is the best way to reduce the risk of these health complications and improve overall health.