

SMOKING

Smoking can lead to a variety of ongoing **complications** in the body, as well as long-term effects on your body systems.

Mood stimulation: Smoking can temporarily **put you in a good mood**, but dependence is common and withdrawal **side effects** like anxiety and irritability can be challenging to manage.

Lung cancer: Smoking **puts you at a significant risk of** developing lung cancer.

Heart disease: Both people who smoke and those who are regularly **exposed to secondhand smoke** are at a higher risk of a heart attack.

Problems with pregnancy and newborns: Smoking during **pregnancy** can increase the risk of **miscarriage**, **asthma**, ear infections, and death in your **newborn**.

Wrinkly skin: Substances in cigarettes can cause dry skin and premature aging. Reduced blood flow also causes your skin to get less nutrition.

Diabetes complications: Type 2 **diabetes** tends to progress more rapidly in people who smoke, because smoking increases the amount of insulin resistance in the body.

- **complication** /ˌkɑːmplɪˈkeɪʃn/ (n) = a new problem or illness that makes treatment of a previous one more complicated or difficult: biến chứng
- **to put somebody in a good mood** = to make somebody happy/cheerful: làm cho ai đó cảm thấy vui vẻ
- **side effect** /ˈsaɪd ɪfekt/ (n) = a secondary, typically undesirable effect of a drug or medical treatment: tác dụng phụ
- **exposed to ...** /ɪkˈspəʊzd/ = If you are exposed to a particular risk or hazard, you are in danger from it: tiếp xúc với, phơi nhiễm ...
- **secondhand smoke** = smoke inhaled involuntarily from tobacco being smoked by others: khói thuộc thụ động/do người hút thuốc phả ra
- **pregnancy** /ˈpregnənsi/ (n): the state of being pregnant: sự mang thai
- **miscarriage** /ˈmɪskærɪdʒ/ (n): the process of giving birth to a baby before it is fully developed and able to survive: sự sảy thai
- **asthma** /ˈæzmə/ (n): a medical condition of the chest that makes breathing difficult: hen suyễn
- **newborn** /ˈnuːbɔːrn/ (n) = a baby that was born recently: trẻ sơ sinh
- **diabetes** /ˈdaɪəˈbiːtiːz/ (n) = a medical condition in which the body cannot produce enough insulin to control the amount of sugar in the blood: tiểu đường

Source: <https://www.healthline.com/health/smoking/effects-on-body>

SYNONYMS

to put somebody at a significant risk of ... ≈ to be at a higher risk of ... ≈ to increase the risk of ...