Smoking: How Can It Affect You?

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Hello, do you know anyone who smokes or has smoked? Any family or friends? Well, let me tell you it could take their life. Today, I will tell you all about it so that you, can tell your friends or family how bad it is. Also, I will tell you how it can affect they’re live. Smoking is bad for people.

First, did you know that smoking only one cigarette can take 11 minutes off your life. That means that if you smoked a cigarette every day for a year, you would lose 4,015 minutes of your life. That’s 167 days and 7 hours off your life. Also, do you know what is in these cigarettes? It is a plant called tobacco. In this plant, it contains a drug called nicotine. The tobacco in these cigarettes is the reason smoking is so bad.

Did you know that smoking is not only a killer, but it can also cause serious types of illnesses? Let me tell you all the diseases caused by smoking. They are lung cancer, heart disease, stroke, lung diseases, diabetes, and more. Here is another fact. Did you know that 1.69 billion cigarettes end up being thrown away every year. That makes it the most littered item on earth. Also, did you know that in the year 2012, 18.1% of the U.S were current smokers?

Here is a fact that will shock you. Did you know that a single cigarette contains over 4,800 chemicals, 69 which are known to cause cancer? Did you know the CDC estimates that adult, male smokers lose an average of 13.2 years of their lives. Also, adult female smokers lose even more. They lose 14.5 years of their lives. When you get an illness from smoking, it can steal your life quality long before you die. Also, smoking is the cause of one in five deaths in the U.S annually.

Well, now you know that smoking can be hurtful to our bodies. I hope you learned about how to stop anyone who smokes or thinks about smoking. Please tell them some of the facts that I told you today that might change their minds about doing it. That’s why smoking is a bad thing to do, and you should not do it.