Your Name

Instructor Name

Course Number

Date

Stop Smoking

Smoking has been recognized as a major epidemic all around the world. Last year, 18,000 people have been reported to die as a consequence of smoking (*Lung Cancer | CDC*). It makes your lungs dark. It is extremely injurious to health. It is perilous. Still, you decide to smoke. You grasp casualty despite knowing everything. A slight puff may seem harmless, however, it is not. We are at a loss of health due to smoking. When will people open their eyes to realize the harmful impacts of smoking? When will people get serious about the fact that smoking kills? Significantly, you ought to take into account the toxic substances we inhale via breathing. Three key substances found in a tobacco smoke are CO, tar and nicotine. They are known to cause shocking impairment to the human body especially the heart, lungs and brain. People who smoke are more inclined to developing illnesses due to the toxins present in the smoke.

Cigarette smoking is known to be a basic risk factor of Lung Cancer (*What Are the Risk Factors for Lung Cancer?*). In America, smoking and vaping are connected to almost 80-90 percent of these cancer casualties (Das). Similarly, consuming various tobacco substances such as cigar or pipes contribute to developing the risk of lung cancer. Tobacco smoke is a hazardous composite of almost seven thousand artificial substances. Most of them are toxins. Seventy of those highly toxic components have been proved to cause lung cancer (Das).

People who smoke are known to have smaller life span than people who don't smoke. The possibility of lung cancer escalates with the quantity of rollups consumed per day. People who decide to quit smoking have shown to lower the risk of lung cancer. By cigarette smoking, individuals not only harm themselves but their surroundings as well. They are the root cause of passive smoking (Trichopoulos et al.). There is no difference between the harm caused by active or passive smoking because the magnitude of both is the same. During the years of 2013-2014, every one of four individuals deliberately became a victim of passive smoking including 14 billion children in America (Trichopoulos et al.).Children are at a greater risk of passive smoking because most of them live with parents who smoke. They are more prone to developing smoke-related disorders because they have weak immunity towards them. Pregnant ladies are known to get affected by harmful smoke as well which causes premature births (Castles et al.).

Some individuals show concerns about cigarette smoking. These are mainly related to the smell which causes severe headaches. Individuals, likewise, agree that smokers do not look appealing as they do not have the most charming personality, and have dirty fingernails and pale teeth. Most state that nicotine has an ability to make you feel calm and relaxed by slowing your metabolic rate. (Eriksen and Whitney). Nonetheless, research states that nicotine is actually a stimulant and as opposed to slowing metabolism, it accelerates your actions. It is likely to cause high blood pressure and heart rate. It may give you a feeling of relaxation, however, it is simply influencing your body and mind. Nicotine has an addictive property. It makes you dependent on it. How long will it take for people to realize that the pleasant outcomes of smoking are actually a serious cause of health deterioration?

Cigarette smoking is very costly, yet people refuse to acknowledge that. When will they stop spending millions of cash on cigarettes and destroying their health? Every year, an individual is known to spend an extra 1000 dollars on purchasing cigarettes. Due to their shorter life spans, they are more inclined to pay for life insurance. They are willing to spend millions on hospital bills. There are a lot of reasons that smoking should be banned, one of which is to lower the risk of poverty among individuals. Another reason that I have already explained is passive smoking, which puts innocent individuals of society at a greater risk.

In an interview Medical Officer Linda Barker states, "Passive smoking is dreadful. Each year 18,000, kids aged 5 years old visit hospitals with objections due to unnecessary cigarette smoke”. How would smokers consider the health of others if they are not worried about their own health and prosperity? Besides children, older people are known to get massively affected by passive smoking and develop maladies such as asthma. Numerous individuals, particularly kids have known to develop respiratory issues and sickness. Tobacco smoke is extremely detrimental and contribute to the bad air quality (Eriksen and Whitney).

If smoking was easy to start, quitting it could be simple as well. Studies have shown that quitting is not as difficult as individuals think. Nicotine addiction can be avoided in several ways such as using pills, patches and most importantly, a doctor. It just needs a little bit of self-control and patience. The fact that it is not only detrimental to your health but to the people who are close to you should be enough to make you quit. Living with the guilt of causing harm to someone who is innocent or has a close relation to you is distressing. Doesn’t the thought of it make you feel terrible about yourself?

**Works cited**

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