

Smoking Effects

E 102 English Composition

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Smoking Effects:

The deaths has increase in the United States today because of cigarette smoking. Cigarette smoking is the leading preventable cause of deaths. The death toll causes more than 480,00 each year. It has been known by the CDC that cigarette smoking harms nearly every organ of the body, cause many diseases. The risks and what it causes such as Cardiovascular Disease, Cancer, Respiratory Disease. More than 10 times as many U.S. citizens have died prematurely from cigarettes. It has been 90% (or 9 out of 10) of all lung cancer deaths. More women deaths from chronic obstructive pulmonary disease (COPD). Smoking causes diminishes overall health, increased absenteeism from work, and increased health care utilization and cost. Lung disease which is emphysema and chronic bronchitis, included in the (COPD). A smoker is a greater risk for disease that affect the heart and blood vessels. It causes strokes and blood clots blocks that blood flows to part of your brain. The fatal and the effect from smoking cigarettes has been proven in many studies. How it causes damage in individuals life's. Some other smokers effect and experience high levels of stress and tension. The study conducted at the London School of Dentistry, researchers look at 469 people who tried to quit after being hospitalized for heart disease.

The claim is said to be that it relieves stress. The many studies have found, however, that in reality, lighting up has the same effect, the opposite effect, causing long-term stress levels to rise, not fall. For those dependent on smoking, the only stress it relieves is the withdrawal between cigarettes. The school of Dentistry says that 469 people who tried to quit after being hospitalized. The scientists' hypothesis was the continuing smokers were dealing with uncomfortable cravings between cigarettes multiple times a day, while facing some initial withdrawal had greater freedom from nicotine cravings. It is one of the highest cause and increase in deaths. The very seriousness of health issues it causes. The fatal conditions and levels of heart disease and, cancer which is the leading one of it all. It has not been any limit of the premature deaths and its toll. It takes full control over every organ of the body. The (CDC) states how it takes full control over every organ of the body. Also it is one of the highest of raising healthcare and cost today. The (COPD) states the conditions that 12 to 13 times more likely die from COPD than nonsmokers.

I couldn't never understood in many cases why some people would even continue smoking cigarettes. When knowing the many affects and effects. That one of the smallest objects that could cause so many major problems. Especially like cancer and heart disease in one's life. When the CDC says it takes over every organ on the body. There are many side affects to even medicines read about on the descriptions today. The danger of cigarette smoking and what it causes should be considered. Especially one of the highest risk and the premature deaths cigarette smoking is still causing. The death toll in the United States has increase. Cigarette smoking and its affects sometimes when health issues are discovered like these kind. It may have gone too improve. I have recognize down through the years that something that can bring all these kind of disease. I wouldn't want to be a part of it. I speak nothing personal but knowledgeable. I have seen the affect it took even in my own family. The determination for some still a struggle and it is not a pretty view. Because the CDC gives us so there information. The impute on Cigarette Smoking and what it causes and how to reduce the risk of Cancer. The evidence it shows from the statics and high ratings it shows from it. Cigarette smoking it said to be related to 15 types of cancers or by its smoke. We want the levels and percentages to decrease and not increase. Especially in the death tolls that has been cause by it.

References:

CDC: <https://www.cdc.gov>_____

Google: Percentage of Smokers

The New York Times/By ANAHAD O'CONNOR Aug. 9, 2010