

Health Hazards of Smoking

Health is the most precious thing a person can have. But we start to value something only when it is lost. When in old age you feel ache of bones and the whole body, regrets about the damage you've made to own health in youth come to light of your mind. Before the age of 35-40 smokers pay no attention on the harm they do to their body. Young vigorous constitution easily deals with another incoming portion of cigarette smoke, dangerous tar and nicotine, but passing ages give us no new strength. In addition, nicotine and attendant poisons, in time, multiply their concentration, that makes the work of our body more difficult. This article is a warning to everyone who is still smoking. Stop it! It has to be done today, because tomorrow? what is going to be tomorrow? Researches, performed in USA, showed that 25% of smokers had never lived so long to celebrate their 70's birthday, because of nicotine's influence. In highly developed countries smoking causes death of more people, then alcohol, drugs and suicides altogether. It is said, that two packs of cigarettes contain lethal dose of nicotine. However smokers never receive this dose at once, it is divided into portions, and the fatal effect stays unnoticed. People die not of the nicotine itself, but of the diseases, arising from its influence. Smoking in its cruelty is close to AIDS, they both open the doors of the organism to many diseases. First of all tobacco smoke attacks the oral cavity. The dental enamel is getting worse, oral mucosa is irritated, activity of salvia glands gets low, bringing down the protective function of salvia, and in addition the bad breath appears. Besides, the cases of lip cancer are not a rarity now. It takes place when smoker holds the cigarette in his teeth, instead of using hands. Then smoke goes through bronchus, causing their spasm. That leads to breathlessness, and hyper secretion of protective mucus in bronchus. Its mission is cleaning of the incoming air and protecting pulmonary tissue from pathological microorganisms, but the superfluity of protective substance will not improve the cleaning process; on the contrary, it can be stopped at all. This is the stage, where your body loses another protective barrier. Smoking decreases the inflow of fresh air. In addition blood hemoglobin connects with carbon of tobacco smoke, and can no longer transport oxygen. Hypooxygenemia develops, causing harm to all systems of vital importance, especially to cardiovascular system. When smoking, the spasm of the blood vessels happens, this leads to increase of blood pressure. This condition multiplies the load on the heart. As a result, people, who are not giving up smoking raise their risk of a heart attack by 8 times. Smoking increases the production of stomach juice. Such a run free work leads to ulcer and gastritis. And in the end ? awful statistics: only one cigarette a day makes you 7 steps closer to cancer. Smoking more then one pack a day a person makes this distance twice shorter. What will happen to your organism if you [stop smoking](#)? At the beginning, your body will experience stress ? dizziness, vomiting and total weakness will be a hard test for you, but in a month things will get better. You will notice your breathing to be easier, memory and muscle tone to come back to norm, the color of your skin and teeth will surpass all expectations. In six months bronchus and the pulmonary tissue will be cleaned from heavy pitches and tobacco dust. In a year the cardiovascular system will be restored. Five years of nonsmoking will totally erase all signs of this bad habit. Everything that was told is possible only if your diseases are not chronicle yet, if it is so, then [smoking cessation](#) is the first thing you should do. Remember ? it's never late to stop smoking!

About the Author

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