

## HEALTH

# The Effects of Smoking

Smoking is bad. It can make the person smoking ill. It can make the people around the smoker sick too. Living with someone who smokes doubles your chance of getting lung cancer. Children of parents who smoke are sicker than other children. These children are more likely to have breathing problems than children of non-smokers.

ONE OUT OF EVERY 6 DEATHS IN THE UNITED STATES IS CAUSED BY SMOKING CIGARETTES!

You should know that just one cigarette:

- speeds up your heartbeat
- raises your blood pressure
- lowers the temperature of your skin
- upsets the flow of blood and air in and out of your lungs

Even young smokers can have shortness of breath, a nagging cough, or have heart or breathing problems.

Long term effects of smoking include:

- emphysema or lung disease
- heart disease or stroke
- lung cancer
- cancer in other body parts

When you smoke three things enter your body. They are:

- nicotine, which speeds up the heart and the nervous system. It is a poison used to kill insects.
- tar, which has many cancer causing compounds. These compounds are major causes of cancer and other breathing problems.
- carbon-monoxide, a poisonous gas which lowers the blood's ability to carry oxygen to body tissue. This leads to hardening of the arteries.

Why would anyone want to put poisons in their body? Many people did not know how bad smoking was when they started. Now it seems too hard to stop. If you are not smoking, don't start! If you are smoking, you need to stop.

Starting was easy. Stopping is hard. It is up to you. Choose to stop smoking. You will feel much better. You will live a longer and healthier life. If you smoke one pack of cigarettes a day, you could be spending as much as \$2,000.00 a year on cigarettes. How could you spend \$2,000.00 to make your life better instead of worse?

You can get help to stop smoking; see your health professionals. ■

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