Why Is Smoking Bad for Your Health

Smoking may be legal but that doesn’t mean it’s good for us! In fact, it’s just the opposite: smoking is the only legal consumer product that kills you when you use it exactly how it’s meant to be used! That’s pretty scary, isn’t it?

Cigarettes are made from tobacco. The tobacco plant is the only plant ever discovered to contain the drug called nicotine. Nicotine is a very strong poison that can kill a human in less than an hour if even a small amount is injected into the blood-stream. Tobacco smoke contains very tiny amounts of nicotine that aren’t deadly, but are still very bad for our health.

Tobacco smoke also contains many other chemicals. In fact, it contains over 4,000 chemicals, many of which are very harmful to our bodies. All of these chemicals mix together and form a sticky tar. It’s the tar that gives cigarette smoke it’s smell and colour. The tar sticks to clothing, skin, and the insides of our lungs!

Tar is very dangerous inside our lungs. It sticks to the cilia in our lungs that are responsible for sweeping out germs and dirt. If the cilia are covered in tar, they can’t work right, and germs and dirt can stay in the lungs and cause diseases.
The damage tar does to your cilia is only the beginning, though. The tar and smoke are made up of many chemicals that are known to cause cancer, as well as many chemicals that are just plain bad for you. Just a few of these chemicals are:

- Carbon Monoxide
- Nitrites
- Ammonia
- Nitrosamines
- Hydrogen Cyanide
- Sulphur Compounds
- Vinyl Chloride
- Hydrocarbons
- Volatile Alcohols
- Urethane
- Formaldehyde
- Hydrazine

With the nicotine and tar working together, there are a lot of bad diseases linked to smoking cigarettes. Diseases like throat cancer, mouth cancer, bladder cancer, lung cancer, chronic bronchitis, emphysema, and heart disease are all caused by smoking.

In fact 40,000 people die each year from diseases caused by smoking. Each cigarette you smoke takes 5 to 8 minutes of your life. Is it worth it? The following famous people died because they smoked:

- Humphrey Bogart (age 57)
- Jesse Owens (age 67)
- Michael Landon (age 54)
- Nat "King" Cole (age 45)
- Sammy Davis Jr. (age 64)
- Walt Disney (age 65)

Unfortunately, even if you don't smoke, you can still get sick from tobacco smoke. If you breathe the smoke from another person's cigarette, it's as bad as if you were smoking the cigarette yourself! This smoke is called second-hand smoke and it kills hundreds of people each year. If your parents smoke, you have a greater chance of getting ear infections, asthma, bronchitis, and tonsillitis.

Children who are exposed to smoke all their lives have underdeveloped lungs, and they are two to four times likely to have allergic reactions and asthma than children of non-smokers.
Second-hand smoke is starting to really bother non-smokers, and that’s why there are more places where smoking isn’t allowed than there used to be. Now you aren’t allowed to smoke on a plane, in a bus, or in many buildings. Non-smokers want to breathe clean air!

Cigarettes aren’t just bad for our health. They are bad for the environment, too! Think of the amount of paper that goes into making each cigarette. Young people smoke about 6,000,000 cigarettes per day! That’s a lot of trees that are cut down, and the paper can never be recycled!

Look around outside. There are cigarette butts everywhere! Do you know that it takes more than 5 years for a cigarette butt to biodegrade? That means that it takes at least 5 years for the cigarette butts to break down, unless someone cleans them up. Gross!

People are starving all over the world. If the land used to grow tobacco was used to grow food instead, we could feed another 10 to 20 million people! What do you think is the better thing to grow?
Are other forms of tobacco safe?

Most people realize that smoking cigarettes is dangerous for their health. But are other forms of tobacco just as dangerous? The death rate for pipe and cigar smokers is actually less than the death rate for cigarette smokers, but still higher than the death rate for non-smokers. BUT, that's not because the tobacco used in cigars and pipes is safer! It's because cigar and pipe smokers don't inhale as deeply as cigarette smokers do when they smoke. If a person inhales deeply for cigars and pipes, then they are actually more dangerous than cigarettes!

Don't think that cigars and pipes are safer than cigarettes! Pipe smokers have a very high rate of lip cancer, and compared to cigarette smokers, pipe and cigar smokers have a higher chance of getting mouth cancer, throat cancer, and larynx (voice box) cancer.

The second-hand smoke from cigars is really bad. One cigar puts out as much smoke and tar into the air as 42 cigarettes! Stay away from cigar smoke if you want to stay healthy!

Some people think that smokeless tobacco is safer than cigarettes. Smokeless tobacco comes in two forms: chewing tobacco and snuff. Both forms are put into the mouth and sucked on. It's true that smokeless tobacco is better for your lungs, since there is no smoke to breathe in. BUT, it is very bad for other parts of your body. Just like regular tobacco, smokeless tobacco contains nicotine, which is a very poisonous drug that speeds up your heart and increases your blood pressure. Holding an average sized wad of chewing tobacco in your mouth for 30 minutes gives you as much nicotine as smoking 4 cigarettes!
Besides the nicotine, smokeless tobacco contains all the bad chemicals that regular tobacco does, including the ones that cause cancer. Here are all the things that smokeless tobacco can give you:

- You can have a reduction in your ability to taste and smell
- You get stained teeth
- You get bad breath
- It can cause tooth decay
- It can cause gum disease
- It can give you bleeding gums
- It can give you sores in the mouth that don't heal
- You can experience dizziness
- It can make you throw up
- It can decrease your physical ability
- You can get mouth, lip, cheek, and tongue cancer
- You can get palate, pharynx, larynx, and esophagus cancer
- You get a fast heart rate and high blood pressure
- You can get heart disease

Don't be fooled! All forms of tobacco are dangerous!

BOLTON STOP SMOKING SERVICE
HELP CHILDREN QUIT SMOKING FROM AGE 12, CALL US ON:

01204 462345
Text 07900918264
Why do people use tobacco?

There are many reasons people have for using tobacco. Most smokers start before they’re 19, with the average starting age being 13. People start because they think it looks cool, or their friends get them to try it. Many people get fooled by the advertising for cigarettes. The ads make smoking look really cool, but the truth is that smoking isn’t cool... it’s stupid!

Tobacco contains nicotine. Nicotine is as addictive as cocaine and heroin. Nicotine can make people feel alert and energetic, and it can also make a person feel relaxed. Nicotine works by attacking your brain, but your brain gets used to it after a while, and you have to smoke more to feel the effects of the nicotine. That’s why people who have been smoking a long time have to smoke one after another. Some smokers smoke continuously, which is especially harmful to their health. Their poor lungs never get any clean air!

When a person tries to quit smoking, the amount of nicotine in their brain drops, and they feel sick. That’s why smoking is so tough to quit. For days, weeks, or even months, the person feels like they need a cigarette. That bad feeling is why about 7 out of 10 smokers who quit go back to smoking before 3 months have passed. It’s very tough to quit smoking. That’s why you should never start!

If you know someone who smokes, you should encourage them to quit, even though it’s tough. It’s never too late to quit smoking, and the sooner they quit, the healthier they’ll be!

Young generations are smarter about smoking than older generations, because more is known now about how harmful it is to our bodies.

The tobacco companies know that they need to try extra hard to get young people to start smoking cigarettes. That’s why they pay lots of money for actors to smoke their cigarettes in popular movies. In the United States, one tobacco company uses a funny looking cartoon animal to get kids to smoke their cigarettes.

Our Government won’t allow this type of Advertising.
Why do the companies do this? **Because they need to sell more cigarettes to make money.** The people who are smoking today are not going to be around forever. In order to stay in business, tobacco companies need to get young people like you to start smoking. You know what? It works. New young people start smoking every day. Cigarette advertising is so good; it makes people start smoking, even though they **know** it's bad for them!

Some time in your life, maybe in the next few years, someone is probably going to try to make you smoke. It could be a friend, a family member, or an ad in a magazine or on TV. It will be tough, but you have to remember that your health is more important than smoking. Nothing is more important than being alive and healthy; **smoking can take that away from you.**
Wrinkles on face

Blindness caused by amblyopia

Yellow teeth, gum disease, deadens taste buds/smell

Heart disease (angina, heart attack, infarction)

Cancer of the stomach
Cancer of the liver
Cancer of the colon

Worsens eczema

Strokes

You stink

Premature loss/graying of hair

Mouth/throat/larynx cancer

High blood pressure, blood clots, hardening of the arteries

Leukemia (cancer of the blood)

Lung cancer, emphysema, TB, pneumonia

Cancer of the pancreas
Cancer of the kidneys
Cancer of the bladder

Risk of developing Type 2 (adult onset) diabetes 2-3x higher

-2,000 smokers/yr get gangrene due to poor circulation and have a leg amputated

"Smokers’ cough"
BOLTON STOP SMOKING SERVICE
HELP CHILDREN QUIT SMOKING FROM AGE 12

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Or speak to your school nurse
How does smoking affect our lungs?

Smoking is harmful to our bodies in many ways, but it is the most harmful to the lungs.

Smoke from cigarettes contains tar, which sticks to the **cilia** in our lungs. The cilia usually act like little brooms to sweep out harmful dirt, but when you smoke cigarettes, the cilia can't work because they're covered in sticky tar. That means that dirt can stay in the lungs and cause problems. Even if you don't smoke, your lungs are still in danger if you breathe in smoke from another person's cigarette. This is called **second-hand smoke**, and it is as dangerous as smoking the cigarette yourself! That's why you should always try to stay away from smokey places. Keep your lungs healthy and stay away from cigarette smoke!

Do you know that tobacco kills more people in the UK each year than car accidents, suicides, murder, AIDS, and drug use all together? 100 British people quit smoking every day... **because they die.** Don't fall into the same trap they did!
Reasons to Never Start Smoking:

Even one cigarette slows down your cilia (the little "brooms" in your lungs). Heavy smoking kills the cilia.

Mucus and dirt pile up and germs don't get swept out. Smokers get sick more often than non-smokers.

Tar sticks to the insides of your lungs and can cause cancer.

Nicotine (a drug in tobacco) makes your blood vessels smaller. That means your heart has to work harder to pump the blood.

A very dangerous gas called carbon monoxide is in cigarette smoke. It is also found in car exhaust! It gets into your blood and doesn't let the oxygen in. That means your heart has to work even harder to get enough oxygen for your cells.

Smoking can kill you. Be smart, and don't start!

Smokers get seriously ill more easily than non-smokers. Some of these sicknesses are bronchitis, emphysema, lung cancer, and heart disease!

Most of these sicknesses are a result of damage to the cilia (the little brooms) in the lungs. Without the cilia working, the dirt-filled mucus slides down into your lungs and blocks the tiny airways so that the air can't get in and out! You may notice that people who smoke seem to cough a lot. This is because they have to cough to get rid of the dirty mucus in their lungs. People who have healthy lungs hardly ever need to cough, because we have those great cilia working to get that dirt out!

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