

Editorial

Smoking and its Health Hazards

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Editor

People start smoking for different reasons, such as some think it looks cool. Others start because their family members or friends smoke. Statistics show that about 9 out of 10 tobacco users start before they are 18 years old. Tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal.

It is not only cigarettes that get people dependent on tobacco. One form of smoking is Hookahs, are water pipes used to smoke tobacco through a hose with a tapered mouthpiece; other form of smoking is electronic cigarettes (e-cigarettes), which contain cancer-causing chemicals and other toxins. These battery-operated devices use cartridges filled with nicotine, flavorings, and other chemicals and convert them into a vapor that's inhaled by the user.

The body doesn't need tobacco the way it needs food, water, sleep, and exercise. And many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses. The consequences of this poisoning happen gradually. Over the long term, smoking leads people to develop health problems like heart disease, stroke, emphysema (breakdown of lung tissue), and many types of cancer—including lung, throat, stomach, and bladder cancer. People who smoke can develop skin problems like psoriasis (a type of rash), and are more likely to get wrinkles. Also, they have an increased risk of infections like bronchitis and pneumonia.

Many of these diseases limit a person's ability to be normally active, and they can be fatal. In the United States, smoking is responsible for about 1 out of 5 deaths. The consequences of smoking may seem very far off, but long-term health problems aren't the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars, and pipes can affect a person's body quickly, which means that teen smokers have many of

these problems: Bad breath, Bad-smelling clothes and hair, reduced athletic performance, Greater risk of injury and slower healing time & Increased risk of illness.

Smokers today have a greater risk of developing lung, even though they smoke fewer cigarettes. The chemicals used in cigarette have changed over the years, and some of those changes may be a factor in highest lung cancer risks.” Smoking can cause blindness called age-related macular degeneration, as well as diabetes, colorectal cancer and liver cancer.

Smoking can also cause tuberculosis, erectile dysfunction facial clefts in infants, ectopic pregnancy, rheumatoid arthritis, inflammation, impaired immune functions.

Those who do not smoke but are exposed to second-hand smoke face an increased risk of stroke. More than 20 million people in the United States have died from smoking related diseases and illness caused by second-hand smoke. Smoking remains the leading preventable cause of premature death in the United States, killing nearly half a million Americans a year.

More people smoke worldwide today than in 1980, as population growth surges and cigarettes gain popularity in countries such as China, India and Russia, researchers said Tuesday. For instance, China boasted nearly 100 million more smokers in 2012 than it had three decades ago.

Half of all smokers will eventually be killed by tobacco, greater number of smokers will mean a massively increases in premature deaths in our lifetime,’ said co-author Alan Lopez of the University of Melbourne. The study, led by the institute for Health Metrics and Evaluation at the University of Washington, measured data from 187 countries. It found that the global smoking rate among men was 41 percent in 1980, but has since declined to an average of 31 percent.