



The Risks of Smoking

Description

Smoking (also called **tobacco use** or **tabagism**) is the habit of **smoking tobacco**, especially cigarettes.

Even if it may seem “normal” in some places, smoking is **one of the leading causes of preventable disease and death** in the world.

What’s in a cigarette?

A cigarette doesn’t contain only tobacco, but also **over 4,000 chemical substances**, many of which are **toxic** and **carcinogenic** (they can cause cancer).

Some examples:

- **Nicotine**: causes addiction
- **Tar**: damages the lungs
- **Carbon monoxide**: reduces oxygen in the blood
- **Other substances**: ammonia, arsenic, acetone...

Health effects

Smoking can cause:

- **Cancer** (especially lung, mouth, throat)
- **Heart disease**
- **Chronic bronchitis and emphysema**
- **Skin and dental problems**
- **Weakened immune system**
- **Physical and psychological addiction**

Passive smoking Even people who don’t smoke, but breathe in smoke from

others, are at risk. This is called passive smoking.

- Children and babies are especially vulnerable
- It can cause asthma, bronchitis, ear infections, and other issues

Smoking and young people

Many teenagers start smoking because of:

- Curiosity
- Imitating others
- Peer pressure
- Wanting to look older

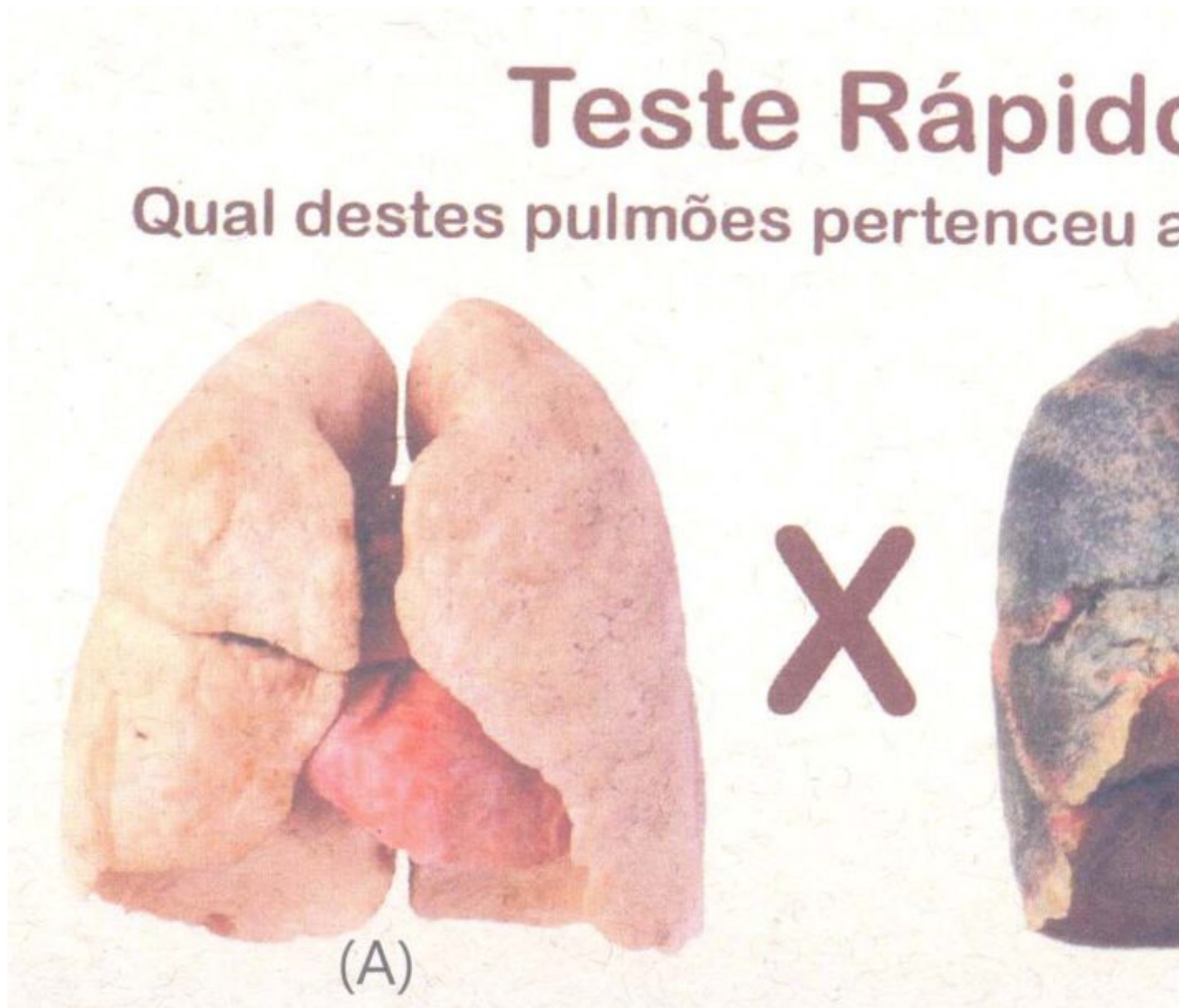
But **nicotine causes addiction** very quickly, and quitting becomes difficult. Did you know...?

On average, a smoker lives **10 years less** than a non-smoker

- People who quit smoking, even after years, **immediately reduce health risks**
- Every year, smoking kills more than **8 million people** around the world

What can you do?

- **Don't start:** that's the best choice
- **Get informed** about the real risks
- **Support friends or relatives** who want to quit
- Learn to **say no firmly** if someone offers you a cigarette



Polmoni sani (a sinistra), polmoni di un fumatore (a destra).

Cosa dice un esperto (intervista a un medico della ASL)

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Category

1. Senza categoria

Tags

1. medicine
2. Science

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