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### Quit Smoke

Smoking destroyed our life, we have to get rid of it. I don't think so because Some people said the benefits of smoking is people who smoke are always young, Because people who smoke get all kinds of cancer and die young. A smoker's home is always safe, Because people who smoke can't stop coughing when they sleep until midnight, thieves know someone is at home. People who smoke are not bitten by mosquitoes. The blood tastes terrible and is poisonous. The mosquitoes may be poisoned. People who smoke don't get bitten by dogs. Because smokers stoop easily, the dogs see them and think they are picking up stones to hit them. Ironical. Besides all these ironic advantage all about how the smoking cigarette is kill yourself and get cancer poison your child and waste your money, so quit smoking as soon as possible stay away from it.

The harm of smoking, lung smoke and fire for a long time, alveoli lose elasticity to form emphysema, brother's lung every day in the incomplete combustion, it can hold how long! cigarette contains 4000 kinds of toxic substances, long-term accumulation in the lung will inevitably lead to lung cancer; long-term smoking will inevitably lead to impotence weakness, affect the quality of life and the relationship between husband and wife, long-term smoking leads to energy, throw three pull four, often tired; Smoking causes very black and yellow teeth, which greatly affects my personal image smoking causes periodontitis, smelly mouth, make people retreat, smoking is the real money to pay for stupid behavior, must quit, great harm to the family,

let them breathe second-hand smoke affect the health of the family, the heart is guilty of; smoking addiction, smoking everywhere, cigarette odor is annoying, annoying smoking everywhere easy to cause fire, smoking is prohibited everywhere; Smoking is responsible for nearly one fifth of all fires in the world. Smoking is prohibited in the office laboratory, and smoke and dust will lead to short circuit of equipment and promote aging; People who smoke often compare themselves to others. cigarettes is a chronic drug, long-term use is equal to chronic suicide; long-term smoking leads to bronchial inflammation, cough every day is very uncomfortable, phlegm, annoying; smoking will often burn clothing and bedding, and even cause fire;. Long-term smoking has a great impact on people's mood, making people lose their temper without any reason. the consequences of smoking will inevitably affect the quality of life, shorten the life time; Brother smoking is not a cigarette, but his own life; the current situation does not allow to continue to smoke, is allowed and should not suck their own lives; There is no doubt that long-term smoking will have a serious impact on the next generation often lead to chest discomfort, sleep arms to be raised above the head, or it is difficult to sleep.

long-term smoking can affect insulin secretion, to make blood sugar and blood fat rise, resulting in hunger; smoking seriously affects their own willpower, resulting in a lot of things can not be firmly implemented; in front of colleagues and friends to take into account the face of the expensive smoke good smoke, really spend money to buy pain; friends smoking to each other to deliver, greatly increase the amount of smoking, life is greatly reduced; many public places are non-smoking, smoking will be subject to personality discrimination; usually reluctant to eat reluctant to drink also want to spend a lot of money to smoke, to hurt their own body, brother is not a brain problem; people who smoke are affected by 4,000 kinds of poisons. Their skin,

mouth, teeth, eyes and eyes are all damaged. their own smoking may also lead their families to smoke, to the next generation to take the lead effect is worse; Knowing that smoking is a bad habit, but can not quit for a long time, really incompetent boneless often spit black sputum and yellow sputum, lung often uncomfortable, it is estimated that the lung has been black; long-term smoking results in serious snoring, which seriously affects the quality of family and their own sleep;Pollute the air in your own room and the environment in your office. long-term smoking can lead to stroke and hemiplegia, I imagine hemiplegia stroke walking posture; long-term smoking can increase the incidence of various chronic diseases; long-term smoking causes hearing loss or even deafness. long-term smoking leads to low work efficiency, often in a daze, do not know what to do; the smoker completely loses himself, completely controlled by a small cigarette; Smoking puts great pressure on the heart, which is the engine of life.Sometimes smoking is very uncomfortable, but still want to smoke, and then more uncomfortable, painful long-term smoking leads to rough skin, dark yellow, aging, wrinkles and loss of elasticity of the skin; long-term smoking on the gastrointestinal impact is very large, affect the acidity of the gastrointestinal, will cause ulcers; Smoking too much can cause dizziness and even fainting. smoking often leads to fickleness, unable to deal with all kinds of things; smoking often causes insomnia, seriously affect sleep, directly affect the quality of the next day's work; smoking makes exercise efforts completely ineffective; long-term smoking leads to vision loss and even blindness; Smoking is likely to cause blood clotting, leading to coronary heart disease the probability of sudden death due to long-term smoking is extremely high Smoking is prone to accidental injury, and wounds do not heal easily Smoking can lead to abnormal ventricular fibrillation, atrial fibrillation, brother has this problem, must be careful. Smoking causes diabetes

mellitus. I have a family history of diabetes mellitus. Smoking harms others, harms oneself, implicates family members and brings harm to children. If you hate a person, ask him to smoke. long-term smoking will inevitably lead to mental decline, alzheimer's disease, depression; long-term smoking easy to cause pelvic inflammation, bone injury healing is slow; long-term smoking leads to loss of immunity and susceptibility to various diseases.

The world health organization's framework convention on tobacco control: prepare for the international community of tobacco consumption and exposure to tobacco smoke on health, social, economic and environment all over the world the attention of the devastating consequences, serious attention all over the world, particularly in developing countries, cigarette and other tobacco products increase in consumption and production, as well as it to the family, the poor and the burden of the national health system. Recognize the scientific evidence clearly identified the tobacco consumption and exposure to tobacco smoke causes death, disease and disability, and exposure to tobacco smoke and in other ways between the use of tobacco and tobacco related disease for a time interval, also realized that some cigarettes and other tobacco products passes elaborate processing, in order to attract and maintain the dependence on tobacco, they contain many of the compounds and their smoke with pharmacological activity, toxicity, respectively, and carcinogenic, and in major international classification of diseases, tobacco dependence separately classified as a disease.

Smoking is bad for our health a person who smokes 15 to 20 cigarettes a day is 14 times more likely to die of lung, oral or throat cancer than someone who does not smoke. They are four times more likely to die from esophageal cancer than non-smokers. It's twice as likely to die of bladder cancer. You're also twice as likely to die of heart disease. People who smoke more than

20 cigarettes a day are six times more likely to have a heart attack. This is because chemicals in smoke can cause the coronary arteries to condense and spasm, leading to angina and chronic arterial damage. Carbon monoxide and nicotine are the two leading causes of heart disease in cigarettes. Some people think that a small amount of smoking is not a big problem. But three cigarettes a day for women and six for men doubles the risk of heart disease, according to a large study by Danish scientists. Myth is smoking helps control weight. In the case of the same height as non-smokers, smokers although the weight than non-smokers, but because smoking affects the distribution of body fat, smokers waist than non-smokers thick. In other words, while smokers lose weight overall, their midriff does not because the body transfers more fat to the midriff. Fat cells here are not only metabolically active, but also because of their "geographical" location near the heart and the direction of blood flow, they pour a lot of fat into the body's blood, increasing the chances of heart disease and diabetes in smokers.

Some people said smoking is not addictive. But you have to know nicotine in tobacco has been recognized as an addictive chemical. When smoking, the nicotine in the cigarette will make people feel excited for a short time, so that smokers always want to continue smoking. Over time, smokers become psychologically and physically dependent on nicotine. When smokers stop smoking for a certain period of time, they will feel unwell due to the decrease of nicotine in their body, which will result in withdrawal symptoms, namely feeling irritable, headache, insomnia and difficulty in concentrating and so on. Also smokers said smoking relieves stress. The nicotine in tobacco can block neural responses in the brain, making smokers temporarily feel more relaxed. But when a smoker lacks nicotine, fatigue sets in again and the need to replenish the body with nicotine as a pick-me-up becomes a vicious cycle. Smoking has a sedative effect

as well as a stimulant effect. If you're nervous, all it can do is raise your blood sugar and adrenaline levels, making you more anxious and nervous. stop find the excuse for smoking.

For the health of you and others, please do not smoke! After put down the cigarette and stop smoking, in 20 minutes your blood pressure, in conjunction with the drop, eight hours you will down to normal levels of carbon monoxide content in the blood, 2 days decreased their risk of developing heart disease, the sense of smell will be improved, within 3 days of your respiratory began to open, blood circulation is improved, and 2 weeks a month sinus obstruction to reduce, reduce fatigue, within 2 months of your lung function improved, overall physical within six months, 1 year permanently reduce wrinkles, down to about half of the smokers, the risk of developing coronary heart disease risk of lung cancer in 3 ~ 5 years down to normal. Success in quitting depends on your will and belief. If this is your first time trying to quit smoking, you should keep your faith and tell yourself that you will succeed. Even if you have failed to quit smoking, do not give up easily, because quitting smoking may not be successful all the time. Starting to quit smoking also means you're making healthy lifestyle choices again.

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