

Smoking

Task 2: What is smoking?

Smoking is the act of inhaling and exhaling the harmful fumes of burning plant material. A variety of plant materials can be used. This act is most commonly associated with tobacco. However, marijuana and hashish is also known to be used. Forms of smoking include the cigarette, the cigar or the pipe.

The chemicals like nicotine in tobacco smoke harm the blood cells. They also can damage the function of the heart and the structure and function of the blood vessels. This damage increases the risk of atherosclerosis. As a result of atherosclerosis, a waxy substance called plaque builds up in the arteries. Over a period of time, plaque hardens and narrows the arteries. This limits the flow of oxygen-rich blood to the organs and other parts of the body. This will lead to heart disease and its consequences.

Smoking can also trigger an irregular heart rhythm and raise blood pressure, which are leading causes of stroke.

It is believed the smoking causes lung cancer by damaging the cells that line the lungs or changes the lung tissue. In the beginning, your body may try to fight and repair this damage, but with continuous exposure, the damages causes eventually may develop into cancer.

* Q: How can this be prevented?

1. Increasing the purchase price:

- Increasing the price of a product always decreases the probability of it being bought as more people will be unable to afford it. This can prevent children and other people from purchasing this product. Even those who are better off comparatively will be compelled to think twice before making such a decision.

2. License:

- In a few countries, such as UAE, in order to purchase alcohol you are required to own a license. This same principle can be applied for purchasing cigarettes. At the same time, this license cannot be obtained easily. The price and the requirements to obtain the license should not be easily fulfilled.

3. Awareness:

- This is a very common and familiar method to stop smoking. Spreading awareness may help many realize what they are actually doing to themselves and also those around them.

4. Horror Images:

- Horrific or troubling images of the result of smoking may activate fear among those who decide to purchase it. These images can be pasted on the packaging of cigarettes, when people pick it up, it may cage their minds to activate a sense of fear and hence hinder their desire to smoke.

5. Avoid passive smoking and second hand smoke:

- Avoid second hand smoke at all costs. Do not go to places where smoking is allowed. Ask friends and family members who smoke not to do it in the house, in the car and especially near children.

6. Quit Smoking:

- The biggest obstacle to any task is one's own self. A smoker can avoid and prevent all complications by just deciding to stop smoking! It can be hard, but it is possible. Millions of people have quit smoking successfully and remained nonsmokers.