

Title:

Dangers Of Smoking

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487

Summary:

Almost everybody knows that smoking is bad for the health. Images of blackened lungs line school

There are many ways to take tobacco. You can chew it, inhale it through the nose, and smoke it

Keywords:

quit smoking

Article Body:

Almost everybody knows that smoking is bad for the health. Images of blackened lungs line school

There are many ways to take tobacco. You can chew it, inhale it through the nose, and smoke it

When a smoker inhales a puff of cigarette smoke the large surface area of the lungs allows nicotine

Cigarette smoke is composed of 43 carcinogenic substances and more than 400 other toxins that

Cancer is the most common disease associated with smoking. Smoking is the cause of 90% of lung

Besides cancer, smoking is also related to several other diseases of the lungs. Emphysema and

Smokers have shorter lives than non-smokers. On average, smoking takes 15 years off your life

Smokers also put others at risk. The dangers of breathing in second-hand smoke are well known.

Smoking can also be dangerous for unborn children. Mothers who smoke are more likely to suffer

It is never too late to give up smoking, even those who have smoked for 20 years or more can r

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