

# The Dangers of Smoking

Millions of people in the United Kingdom are smokers. However, cigarettes are dangerous to health and are also very expensive. This is why lots of people often try to give up smoking.

## How Much Does Smoking Cost?

A person that smokes 20 cigarettes each day will spend nearly £50 every week on cigarettes. This adds up to £2000 a year.

## How Else Could This Money Be Spent?

Holidays, treats, days out or other exciting ways! Smoking also costs the country a lot of money in medical care to treat the people that become ill from smoking.

## How Is Smoking Dangerous for Health?

The chemicals in cigarettes can cause all types of health problems. It can cause coughs, breathing problems and much more serious illnesses, such as cancer.

## How Does Nicotine Affect the Body?

Nicotine is addictive. This is why people find it hard to stop smoking. Nicotine affects the brain. When smoking, brain cells send messages to other areas of the body to make a person more relaxed. When this relaxed feeling wears off, smokers feel like they need another cigarette.



### Did You Know?

These are just some of the chemicals in cigarettes:

- nicotine
- tar
- carbon monoxide
- formaldehyde (used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (used in rat poison)
- ammonia (used for cleaning windows and toilet bowls)
- polonium (a radioactive element)

## How Else Can the Body Be Affected?

The tar in cigarettes can stain teeth and fingers yellow.

The heart has to work harder to pump more oxygen round the body because of dangerous carbon monoxide.

## How Can Someone Stop Smoking?

It is difficult to stop smoking but there are lots of places to get help.

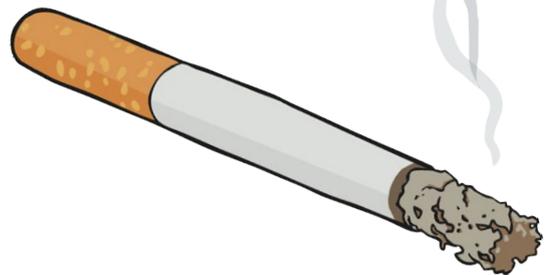
The NHS offers lots of help and support.

People sometimes use nicotine patches so that they can slowly get used to there being less nicotine in their system.

Within 1 – 9 months of stopping smoking, the lungs start to get better.

### Statistics

- 1 in 5 adults in the UK are smokers.
- 20% of men smoke compared to 17% of women.
- There are around 9.6 million adult smokers in the UK.
- Smoking rates have halved since 1974.



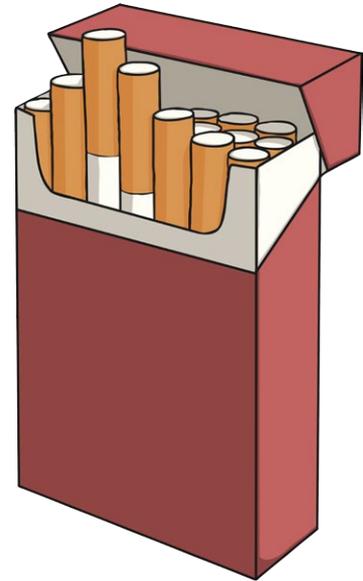
# The Dangers of Smoking

Millions of people in the United Kingdom are smokers. However, there are lots of benefits to giving up smoking as cigarettes are dangerous to health as well as being very expensive.

## The Cost of Smoking

A person that smokes 20 cigarettes each day will spend nearly £50 every week on cigarettes. During a year, that adds up to more than £2000! How else could this money be spent? Holidays, treats and days out or lots of other exciting ways!

Smoking also costs the country a lot of money. Approximately 83% of the cost of a pack of cigarettes goes to the UK government to help pay for medical care but even this huge amount is not enough to cover the cost of treating the health problems caused by smoking.



## Health Problems Caused by Smoking

Smoking is very harmful to health. The chemicals in cigarettes can cause all types of health problems, ranging from coughs and bronchitis to much more serious illnesses, such as cancer and lung conditions. Over time, smoking gives people breathing difficulties.

### Did You Know?

These are just some of the chemicals in cigarettes:

- nicotine
- tar
- carbon monoxide
- formaldehyde (used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (used in rat poison)
- ammonia (used for cleaning windows and toilet bowls)
- polonium (a radioactive element)

Cigarettes contain nicotine, which is very addictive. This is the reason why a lot of people find it difficult to stop smoking. Nicotine affects the brain and causes it to send messages to other areas of the body to make a person feel more relaxed. When this feeling wears off, smokers feel like they need to smoke another cigarette; this is called a 'craving'.

## The Other Effects of Cigarettes

The tar in cigarettes can stain teeth and fingers yellow. The carbon monoxide in cigarettes decreases the amount of oxygen in the blood. This means that the heart has to work harder than normal. The longer a person smokes for, the more likely they are to get a serious illness like cancer. Smoking can cause cancer in many areas of the body but it is one of the major causes of lung cancer.

## Stopping Smoking

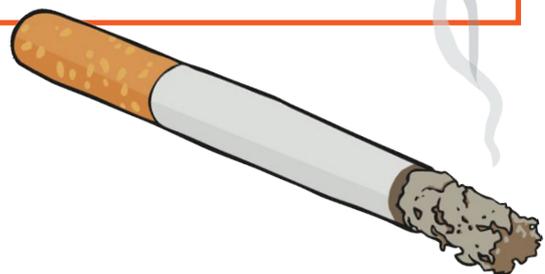
Even though stopping smoking is difficult, there are lots of places to get help. The NHS offers people wanting to quit lots of help and support.

People sometimes use nicotine patches so that they can slowly get used to there being less nicotine in their system. They gradually allow less and less nicotine into the body, which makes it easier to stop.

Within 1 – 9 months of stopping smoking, the lungs start to recover and it is easier for ex-smokers to breathe.

### Statistics

- 1 in 5 adults in the UK are smokers: 20% of men and 17% of women.
- This means there are around 9.6 million adult smokers in the country.
- Smoking rates have halved since 1974 in the UK.



# The Dangers of Smoking

Millions of people in the United Kingdom are smokers. However, there are lots of benefits to giving up smoking as cigarettes are not only a danger to health but are also very expensive.

## The Cost of Cigarettes

A person that smokes 20 cigarettes each day will spend nearly £50 every week on cigarettes. During a year, that adds up to more than £2000! Imagine all the other ways this much money could be spent - holidays, treats or days out... what a waste! Smoking is also expensive on a larger scale as it costs the country a lot of money. Approximately 83% of the cost of a pack of cigarettes goes to the UK government to help to pay for the medical care of treating health problems relating to smoking but even this huge amount is not enough to cover the total bill.



## Smoking and Health

Smoking is also extremely harmful to health. The chemicals in cigarettes can cause all types of health problems, ranging from coughs to much more serious illnesses, such as cancer and emphysema (a condition that affects the lungs and causes extreme difficulties in breathing).

### Did You Know?

These are just some of the chemicals in cigarettes:

- nicotine
- tar
- carbon monoxide
- formaldehyde (used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (used in rat poison)
- ammonia (used for cleaning windows and toilet bowls)
- DDT (a banned insecticide)
- polonium (a radioactive element)

The nicotine in cigarette smoke is an addictive substance, which is one of the reasons why so many people find it difficult to stop smoking once they have started. Nicotine affects the brain and causes brain cells to send messages to other areas of the body to make a person more relaxed. When this feeling wears off, the smoker feels the need to smoke another cigarette – this is called a 'craving'.

## The Other Effects of Cigarettes

The tar in cigarettes can stain teeth and fingers yellow. The carbon monoxide in them decreases the amount of oxygen in the blood, which makes the heart work harder than normal. The longer a person smokes for, the more chance they have of contracting cancer. Many people associate only lung cancer with cigarette smoke, however, it can cause cancer in many areas of the body.

## Stopping Smoking

Even though stopping smoking is difficult, there are lots of places to get support, particularly through advice from the NHS. People often use nicotine patches so that they can slowly get used to there being less nicotine in their system. These patches gradually allow less and less nicotine into a smoker's body, which makes it easier to stop. Within 1 – 9 months of stopping smoking, the lung capacity begins to increase, meaning it is easier for an ex-smoker to breathe.

### Statistics

- 1 in 5 adults (19%) in the UK are smokers: 20% of men and 17% of women.
- This means that there are approximately 9.6 million adult smokers in the country.
- Smoking rates in the UK have halved since 1974, when 51% of men and 41% of women smoked.

