

# *Smoking*

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Smoking is one of the most significant threats to human health. According to the World Health Organization Tobacco causes nearly 7 million deaths annually, of which more than 6 million are among users and former tobacco users and over 890,000 among non-smokers exposed to second-hand smoke.

When a person tries to quit smoking, he or she may have withdrawal symptoms, including:

- irritability
- decreased concentration of attention sleep problems
- increased appetite -Powerful cravings for tobacco.





Smoking damages the heart and blood circulation, increases the risk of coronary heart disease, stroke, peripheral vascular disease. Smoking causes premature aging of the skin for 10-20 years. Coughs, colds, wheezing and asthma are just the beginning. Smoking can lead to fatal diseases such as pneumonia, emphysema, and lung cancer. Smoking causes 84% of lung cancer deaths and 83% of chronic obstructive pulmonary disease (COPD) deaths.

Within two years of quitting smoking, the risk of stroke will be halved, and within five years it will be the same as in non-smokers.





Smoking can lead to a decrease in bone mass and an increase in bone fragility. Women should be especially careful, as they are more likely to suffer from the development of osteoporosis than non-smokers.

Smoking increases the risk of stroke by 50%, which can lead to brain damage and death.

Smoking increases the risk of developing a cerebral aneurysm. This is a bulging of the blood vessel caused by the weakness of its wall. This condition can lead to subarachnoid hemorrhage, which is a type of stroke, and can cause extensive brain damage and death.





Chronic hypoxia and narrowing of the vascular lumen lead to a violation of the blood supply to the smoker's dermis, as a result of which it is deprived of nutrients and oxygen. The skin acquires a grayish appearance, becomes dehydrated, looks haggard. Due to the loss of elasticity, the number of facial wrinkles increases, and other negative consequences of smoking arise.

But contrary to the popular myth that cigarettes help to lose weight, the distribution of fat deposits of a smoker significantly deviates from the norm: fat is distributed mainly around the waist and chest. On the hips, the deposition decreases. There is a disproportion of the circumference of the hips and waist.





Thank you for watching!

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