

## Negative Effects of Cigarettes on Smokers and Non Smokers

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### Introduction

Cigarettes contain besides tobacco a combination of harmful chemical compounds like ammonia carbon monoxide, nicotine, mercury, tar, mercury and hydrogen cyanide. So for each time you smoke a cigarette poisonous fumes will be released in your lung and air.

### Effects of Smoking (Cigarettes) on Health

Smoking considered as the single greatest risk factor that play role in the incidence of major diseases that cause death i.e., heart diseases, peripheral vascular diseases, hypertension, lung cancer, diabetes, brain tumor, colon cancer, stroke, gum, cervix, bladder and tongue cancers. But the incidence of these risks i.e., lethal diseases depend on some conditions which include how many years the person smokes, how many cigarettes the person smokes per year and what is the type of cigarette he used i.e., this will be related with the concentration of tar in the cigarette. Since as the concentration of the tar increases the risk of incidence of one or more of the above mentioned critical disease (s) increase too.

### Mechanisms by Which Cigarette Affect Human Health

Since cigarette contain many of the harm materials and each material has its own affect on health. First the presence of nicotine within cigarette this will cause addiction i.e., making difficult to quit smoking. Moreover, the presence of tar which considered as a carcinogenic material which will leads to incidence of cancer. While,

carbon monoxide leads do reduction in the amount of oxygen in the blood, this will stimulate heart to work harder and as a consequence of that both the pulse rate and blood pressure will increase. Besides that cigarette still consider as one of the main critical factors which play role in the incidence of several types of cancers. So all these points clarify the major side effects caused by cigarette on human health.

### How Do Cigarette Affect Non Smokers

This point related to what is called the secondhand smoke, this term represent the mixture of the smoke exhaled from the lungs of smokers and smoke from burning of cigarette. This can cause a wide range of side effects i.e., cancer, respiratory diseases and heart diseases. These side effects can take place even after a short period of exposure to secondhand smoke. Moreover, secondhand smoke causes a significant percent of deaths per each year within the non smokers.

### Conclusion

As it is clear from the above points the effects of cigarettes (smoking) on human health are critical and in several cases, deadly. Therefore it is a very important point for the open access journals to encourage researchers and clinicians to work hard in order to clarify the main side effects and diseases that caused by and/ or associated with cigarettes. So by this way they will give the motivation for the smokers to work hard to quit smoking, not only to protect themselves but also to protect their families from the critical side effects of smoking (cigarette) itself and the secondhand smoke on them.

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