

The Dangers of Smoking

Read the passage carefully and fill in the missing words, using the word bank at the bottom.

Millions of people in the United Kingdom are smokers. However, there are lots of _____ 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 _____ 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 _____ 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 _____ difficulties. Cigarettes contain nicotine, which is very _____. This is the reason why a lot of people find it difficult to stop smoking. Nicotine affects the _____ and causes it to send messages to other areas of the body to make a person feel more _____. 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 _____ in the blood. This means that the _____ has to work harder than normal. The longer a person smokes for, the more likely they are to get a serious illnesses 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 _____, there are lots of places to get help. The NHS offers people wanting to _____ lots of help and support. People sometimes use nicotine _____ so that they can slowly get used to there being less nicotine in their system. They _____ allow less and less nicotine into the body, which makes it easier to stop. Within 1 – 9 months of stopping smoking, the _____ start to recover and it is easier for ex-smokers to breathe.

lungs	addictive	heart	oxygen	gradually	patches	quit
relaxed	breathing	difficult	benefits	money	brain	chemicals