

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.

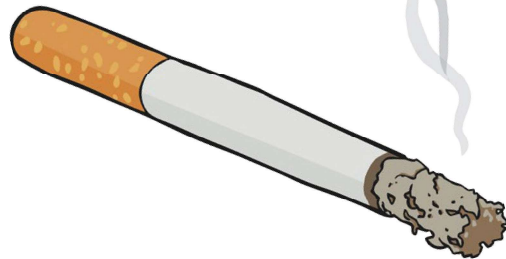
The NHS offers lots of help and support.

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.



Questions

1. How many adult smokers are there in the UK?

2. More women smoke than men in the UK. Is this true or false? Explain how you know.

3. How much does smoking cost an individual smoker?

4. In what ways could people spend this amount of money differently? Can you think of any other ways this money could be better spent?

5. Why do you think less people smoke now than in 1974?

6. How can people stop smoking?

7. Name two dangerous chemicals found in cigarettes. Explain why they are so dangerous.
