

*V. Golovnia, Student
N. Kostinska, language advisor
Zhytomyr Medical Institute*

SMOKING AND ITS EFFECTS ON THE HUMAN BODY

The aim of study was to investigate the causes of smoking, its harmful effects on human health and well-being and to determine the ways of its treatment and prevention.

Everyone knows that smoking is extremely dangerous for health. Nevertheless, the number of smokers throughout the world is constantly growing. Just imagine: over a billion people on our planet including kids and teenagers are regular smokers. Every year smoking causes more deaths than flight and automobile accidents together. It is the most widespread bad habit, as well as one of the most hazardous ones.

Most people are by now aware of harmful and dangerous effects of smoking.

Despite this, the trend of smoking is seen on an increase in, especially teenagers.

There are many different reasons why people choose to smoke cigarettes. Many people start smoking when they are teenagers because they think it will make them cool and get them accepted into a certain group. Some people start to smoke because they have a lot of stress in their life and they think by smoking they will be more relaxed. Others smoke because they think everyone else is doing it, they see ads in magazines and on bill-boards, and some smoke because their parents do it. . [1, p. 327]

Tobacco smoke contains than 7,000 chemicals that are harmful to both smokers and nonsmokers. About 70 of them are known to cause cancer. The most damaging components of tobacco smoke are: tar – this is the collective term for the various particles suspended in tobacco smoke, contain chemicals, including several cancer-causing substances (carcinogens); carbon monoxide – this odourless gas is fatal in large doses because it takes the place of oxygen in the blood; hydrogen cyanide, which stops this lung clearance system from working properly and it means that the poisonous chemicals in tobacco smoke can build up inside the lungs; oxidizing chemicals – these highly reactive chemicals (which include free radicals) can damage the heart muscles and blood vessels; metals – tobacco smoke contains dangerous metals including arsenic, cadmium and lead, and nicotine, which forms a strong physical and psychological addiction. It is as addictive as heroin or cocaine.

Smoking has been found to harm nearly every bodily organ and organ system in the body and diminishes a person's overall health.

Smoking cigarettes is the number-one risk factor for lung cancer. It is known to cause cancer in the: esophagus, larynx, mouth, throat, kidney, bladder, liver, pancreas, stomach, cervix, colon, and rectum, as well as acute myeloid leukemia. [6,p.310].

There are many negative risks associated with smoking cigarettes.

Smoking damages your heart and your blood circulation. When you smoke, the toxins from cigarette smoke enter your blood. The toxins in your blood make your blood thicker, and increase chances of clot formation; They increase your blood pressure and heart rate, making your heart work harder than normal; narrow your arteries, reducing the amount of oxygen rich blood circulating to your organs. All this can cause a heart attack or stroke.

Smoking can harm all parts of the digestive system Smokers have an increased chance of getting stomach cancer or ulcers. Smoking can weaken the muscle that controls the lower end of your gullet (oesophagus) and allow acid from the stomach to travel in the wrong direction back up your gullet, a process known as reflux.

Smoking is a significant risk factor for developing kidney cancer, and the more you smoke the greater the risk. For example, research has shown that if you regularly smoke 10 cigarettes a day, you are one and a half times more likely to develop kidney cancer compared with a non-smoker. This is increased to twice as likely if you smoke 20 or more cigarettes a day. [4, p.340].

Some of the more obvious signs of smoking involve the skin. The substances in tobacco smoke actually change the structure of your skin. Smoking causes skin discoloration, wrinkles, and premature aging. Your fingernails and the skin on your fingers may have yellow staining from holding cigarettes. Smokers usually develop yellow or brown stains on their teeth. Hair holds on to the smell of tobacco long after you put your cigarette out. It even clings to nonsmokers. The toxins in your body also cause cellulite.

Your lungs can be very badly affected by smoking. Coughs, colds, wheezing and asthma are just the start. Smoking can cause fatal diseases such as pneumonia, emphysema and lung cancer. Smoking causes 84% of deaths from lung cancer and 83% of deaths from chronic obstructive lung disease, including bronchitis.

Smoking has a deadly impact on the oral cavity. It causes unattractive problems such as bad breath and stained teeth, tooth loss, damage your sense of taste, and can also cause gum disease and in more severe cases mouth cancer.

The most serious damage smoking causes in your mouth and throat is an increased risk of cancer in your lips, tongue, throat, voice box and gullet (oesophagus). More than 93% of oropharyngeal cancers (cancer in part of the throat) are caused by smoking. [2,p.95].

Smoking can cause your bones to become weak and brittle. Women need to be especially careful as they are more likely to suffer from brittle bones (osteoporosis) than non-smokers.

If you smoke, you are more likely to have a stroke than someone who doesn't smoke. In fact, smoking increases your risk of having a stroke by at least 50%, which can cause brain damage and death. And, by smoking, you double your risk of dying from a stroke. One way that smoking can increase your risk of a stroke is by increasing your chances of developing a brain aneurysm. This is a bulge in a blood vessel caused by a weakness in the blood vessel wall. This can rupture or burst which will lead to an extremely serious condition known as a subarachnoid haemorrhage, which is a type of stroke, and can cause extensive brain damage and death.

Smoking among women leads to infertility and problems during childbirth because of changes in reproductive systems. Smoking makes it harder for a woman to get pregnant. A pregnant smoker is at higher risk of miscarriage, having an ectopic pregnancy, having her baby born too early and with an abnormally low birth weight, and having her baby born with a cleft lip and/or cleft palate. [5, p.125].

Infants and children exposed to Environmental Tobacco Smoke (ETS) are at increased risk for death and disease. In breastfeeding women who smoke, there is a decrease in maternal milk production and less weight gain in the exposed infant. In addition, infants whose mothers smoke have an increased risk of Sudden Infant Death syndrome (SIDS), and their overall perinatal mortality rate is 25 to 56 percent higher than those infants of mothers who choose not to smoke. Children exposed to ETS are at increased risk of many infections, most commonly middle ear and respiratory infections, and thus require more doctor visits and hospital stays..

In addition there are great health risks from environmental tobacco smoke. It exposes non-smokers to most of the same toxic gases, chemicals and fine particles that smokers inhale directly with tobacco smoke. The particles in the unfiltered smoke that drifts from burning cigarette tips can be finer and more concentrated, meaning that they can be inhaled deeper into the lungs and stay longer in the body of the passive smoker than in the person who is smoking. Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome. Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer. The degree of risk depends on the extent and duration of exposure. Particularly there is a high risk among workers in the hospitality industries (bar staff, casino workers and other employees in workplaces where smoking is routine). [3].

Nowadays some measures have been taken to reduce smoking. There has been a growing awareness of the dangers of smoking throughout the world. The anti-smoking campaigns launched in a number of countries have brought about extensive public censure of this harmful habit and a decrease in the number of smokers among some groups of the population.

In our country the campaign to beat the cigarette habit has acquired a purposeful nature. Special legislative, medical and educational measures are being worked out. Instructions forbid smoking among schoolchildren. Lessons on the harm of smoking have been included in courses of the anatomy, physiology and hygiene, the sale of cigarettes to minors is prohibited. Warnings against the harm of smoking are printed on packets of cigarette brands. The ministries of railways, civil aviation, merchant marine and culture have worked out and now implement measures for regulating, limiting and restricting smoking in long-distance and suburban trains, planes, on sea vessels, in theatres, clubs, etc.

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