

# Cause and Effect Essay on Smoking

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Smoking can be considered one of the most dangerous habits that any individual can have. From the fact I had read before, smoking kills an average of 450,000 people each year. That is more than car accidents, drunk driving, and illegal substances. So why is it that people still continue to smoke? What causes people want to smoke even their knowing the deadly effect? There is no one real reason that causes people to smoke but from my observations towards my friends especially to boys actually some of them may start smoking because they saw someone they liked smoking and thought it was cool. There are the reasons why the smokers smoking, effect of smoking to human body and the effect to the non-smokers.

First of all, there are many causes which make people smoke and the effect of smoking to their health. Although smokers claim that it helps them to relax and release stress, the negative aspects of the habit take over the positive. As it has been stressed by the scientists and experts, there are some very severe reasons of smoking but its crucial consequences should also be taken into consideration. However, it can be divided into two main causes which are physical and psychological. First cause which is physical concerns the human body's needs such like nicotine. Nicotine contained in cigarette is an addictive substance. It is the chemical which causes addiction. Nicotine reduces tension in the muscles and allows smokers to relax so they feel that they can relieve stress by smoking. A little nicotine makes smokers feel more energy and improve concentration. Second main cause of smoking is psychological which seems to be a very important factor for people to get the habit. One of the psychological situations which drive people to smoke is low self-esteem.

In addition on the point is smoking causes disease and is a slow way to die because the effect of smoking on human body. As we know, from smoking it can give too many effects to the human body such like to the eyes, mouth and throat, lung, heart, stomach, pancreas and it also can cause the cancers. The effect of smoking to the eyes is smokers have a two to three times greater chance of developing cataracts, a leading cause of blindness and a cataract causes the cells around the lens to turn white. Besides that, the effect to mouth and throat is smoking causes the mouth cancer and smoking causes cancer of the larynx and cancer of the esophagus. Furthermore, lung and heart get the effect from smoking too. Smokers are at greater risk of lung cancer and smoking causes atherosclerosis, or hardening of the arteries. And the stomach and pancreas also get the effect from smoking. Smokers are more likely to get peptic ulcers than

non-smoker and they also can get the stomach cancer. Then, smoking causes pancreatic cancer too.

Moreover, smoking are not just can cause effect to the smokers but it also can give the effect to those who are not a smokers by it smoke which are release by the cigarette smoking. Actually, we need to give more attention to the effect of smoking to the non-smokers because they get the serious effect than the smokers. Everyone can be exposed to smoke in public places, such as restaurants, shopping centers, public transportation, schools, and daycare centers. The American Cancer Society (ACS) describes two kinds of tobacco smoke that could affect non-smokers, namely side stream smoke that issues from the burning part of the pipe, cigarette or cigar, and mainstream smoke which is exhaled by the smoker. Both are called environmental tobacco smoke (ETS) or secondhand smoke (SHS). Secondhand smoke can also cause a cancer to the non-smokers. Secondhand smoke contains a higher concentration of these carcinogens than the smoke inhaled by smokers. It can also cause the respiratory problem and heart disease to non-smokers. Furthermore, it also can give the effect to the pregnant women which in causes the pregnancy complications when the mother inhaled the smoke from smokers.

In conclusion, there are so many short and long term health effects which smoking can have throughout one's life. Needless to say the effects of smoking and tobacco are disastrous. According to the researchers, non-smokers live on average about 14 years longer than smokers. If a smoker and you want to live a longer and a healthier life he or she should seriously consider quitting as soon as possible.