



Your Health

Ten Reasons to Stop Smoking©

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Vocabulary & pronunciation study by Catherine Balter Kendall ©

Words are explained alongside the text

Stressed syllables are underlined and in bold*

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It has now become **pretty common knowledge** that smoking is bad for you. Back in the 1930s until **around** the 1950s, cigarettes were actually ‘doctor approved’ and thought to actually be good for you! They **claimed** that tobacco could do a **variety** of things including **disinfecting**, **relieving headaches** and colds, **warding off** disease and fatigue, and even **act as** an **anaesthetic**. Nowadays we have clear evidence that this isn’t true, in fact, quite the opposite.

Ok so we know that smoking is bad. But why is it bad? What does it do to the body?

Here are 10 reasons why smoking is bad for you:

Number 1. Let’s start with the most well known affect of smoking. Cancer. Notice that we said cancer rather than lung cancer. If you think smoking only increases our **chance** of getting lung cancer – unfortunately **that’s not it**. Smoking also increases the risk of getting nose, mouth, voice box (a.k.a. larynx), windpipe (a.k.a. trachea), food pipe (a.k.a. **esophagus**), pancreas, **kidneys**, **bladder**, cervix, bone marrow and blood cancers. The reason so many organs are affected by smoking is due to the number of carcinogenic (a.k.a. cancer causing) chemicals in a cigarette. There are 41,000 chemicals in a cigarette with 43 of them known to cause cancer. If that wasn’t enough, on top of those there are also 400 other **harmful** toxins. These **inhaled**

pretty (adj.) quite

common knowledge (exp.) a piece of information everybody knows

around (prep.) about

to claim (vb.) to say that sth. is true

to relieve (vb.) to stop the pain

to ward off (phrasal vb.) to keep away, to prevent sth.

to act as (exp.) to play the role of

chance (n.) probability, likelihood

that’s not it (exp.) that’s not all

a.k.a (abbr.) alternatively known as, also called

kidney (n.) the organ that takes waste matter from blood and sends it out of the body as urine

bladder (n.) the part of the body where urine is stored until it leaves the body

harmful (adj.) dangerous, causing damage

to inhale (vb.) to breathe in

chemicals with the **combination** of **heated** vapour when inhaling – creates an **environment** that can **lead to** cell mutation and cancerous **growth** formation.

Number 2. The formation of **wrinkles** and **premature** aging. Smoking can create the appearance of fine lines, age spots, **puffy** eyes and lifeless dry **skin**. The reason this happens is because smoking causes the tiny **blood** vessels in your skin to constrict, which leads to a lack of blood and oxygen. Without these, your skin becomes more and more damaged over time.

Number 3. The **heart** and the brain. According to the CDC, a smoker is 2 to 4 times more likely than a healthy person to develop heart disease or have a **stroke**. Smoking achieves this by **altering** the **composition** of your blood and **thickening** it. On top of this, as mentioned earlier, smoking also constricts the blood vessels. This combination of thicker blood pumping through a more constricted vessel causes high blood pressure, which can lead to heart attacks and strokes.

Number 4. Ruining your lungs. The chemicals in cigarettes can leave a residue in your **lungs**, airways and other parts of the body leading to breathing problems. The **consequential lack** of blood and oxygen leads to many respiratory **issues**. Research has shown that smoking can lead to Chronic Obstructive **Pulmonary** Disease, emphysema, chronic bronchitis, **pneumonia**, lung infections, asthma and increases one's risk of suffering from tuberculosis.

Number 5. No more fun in bed. Smoking can reduce libido. It reduces your stamina and **interest** in sex.

Number 6. Seriously. No more fun in bed at all. Smoking can also lead to erectile dysfunction. As mentioned earlier, **lighting up** can decrease blood flow – which in this case means no more erection.

Number 7. **Brittle bones**. A large number of studies have found that smoking leads to a loss in bone density. This is because smoking increases the amount of calcium removed from the bones. This loss in bone density can lead to an **early onset** of osteoporosis, **joint** pain and even loss of teeth due

to heat (vb.) to make hot

to lead to (vb.) to cause

growth (n.) a lump or mass that develops inside the body caused by a disease

wrinkles (n.) lines which form on the face as a person ages,

puffy (adj.) having a round swollen appearance

skin (n.) the natural covering of the body

stroke (n.) when a blood vessel in the brain bursts or becomes blocked

to thicken (vb.) to make thicker or less liquid

lungs (n.) the two organs inside one's chest that fill with air when breathing

lack (n.) shortage, insufficiency

issue (n.) problem

to light up (n.) to smoke a cigarette

brittle (n.) hard, but easily broken

bone (n.) hard parts in the body which together form the skeleton

early onset (exp.) beginning of a disease at an earlier age than is normal

joint (n.) a part of the body where two bones meet

to excessive loss of bone. This factor also puts you at risk of suffering from frequent **fractures** and a slower **healing** of **injuries**.

Number 8. Did we mention teeth? If your teeth falling out weren't bad **enough**, those that remain will be **stained** yellow.

Number 9. Bad breath. This is due to smoking killing the good **bacteria** in your mouth.

Number 10. **Blindness**. Here's an **eye opener** for you (or not, in this case), according to the **CDC**, smoking can lead to cataracts and optic nerve **damage**.

This week's advice is simple but very important. If you don't want to be **wrinkled**, **toothless**, breathless or blind with a high risk of the two biggest killers (cardiovascular disease and cancer), try to give up smoking as soon as you can.

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healing (n.) becoming healthy and normal again, recovering from

injury (n.) damage done to a person's body

stained (adj.) discolored

blindness (n.) the state of not being able to see

eye-opener (exp.) sth. that surprises you and that you learn sth. from

CDC (abbr.) Centre for Disease Control

toothless (adj.) without teeth

Tip

Stress patterns in 4 syllable words.

Words with their stress on the 1st syllable (less frequent):

pulmonary

Words with their stress on the 2nd syllable:

variety, esophagus, environment, pneumonia, bacteria

Words with their stress on the 3rd syllable:

disinfecting, anaesthetic, combination, composition, consequential

The stress never falls on the last syllable in 4 syllable words

The following words have pronunciations which are not obvious:

the letters in brackets are silent: **(k)nowledge, int(e)rest, (w)rinkled**

"ture" is pronounced like the letters "tch" in Tchad: **premature, fracture**

headache: the "ache" rhymes with "cake",

blood: rhymes with "mud",

heart: rhymes with "part",

enough: rhymes with "stuff",

damage: rhymes with "bridge"