

AIR FRYING YOUR LUNGS THROUGH E-CIGARETTE'S FACTS AND MYTHS

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The industry of tobacco in the world can't count through fingers, might also the users globally. The industry of tobacco targets teens worldwide, because they have the potential of usage in the market because out of curiosity and peer pressure, they might have encounter in the phase of their lives. E-cigarette's do have different favors that may teens looks and find catchy causes them to try the products. They find tricks through using the product causing more and more teens and young adult give a try this nicotinic product. The market of E-cigarette's where anywhere to find convenience stores, mall stalls, even though grab or online you can have it. Haven't you thought the burden and health effects of tobacco in one's body?

No matter how you smoke it, tobacco is dangerous to your health. There are no safe substances in any tobacco products, from acetone and tar to nicotine and carbon monoxide. The substances you inhale don't just affect your lungs. They can affect your entire body. Smoking can lead to a variety of ongoing complications in the body, as well as long-term effects on your body systems. While smoking can increase your risk of a variety of problems over several years, some of the bodily effects are immediate. Cigarettes contain about 600 ingredients, many of which can also be found in cigars and hookahs. When these ingredients burn, they generate more than 7,000 chemicals, according to the American Lung Association.

Many of those chemicals are poisonous and at least 69 of them are linked to cancer. One of the ingredients in tobacco is a mood-altering drug called nicotine. Nicotine reaches your brain in mere seconds and makes you feel more energized for a while. But as that

effect wears off, you feel tired and crave more. Nicotine is extremely habit-forming, which is why people find smoking so difficult to quit. Physical withdrawal from nicotine can impair your cognitive functioning and make you feel anxious, irritated, and depressed. Withdrawal can also cause headaches and sleep problems. When you inhale smoke, you're taking in substances that can damage your lungs. Over time, this damage leads to a variety of problems. Along with increased infections, people who smoke are at higher risk for chronic nonreversible lung conditions. Smoking damages your entire cardiovascular system. Nicotine causes blood vessels to tighten, which restricts the flow of blood. Over time, the ongoing narrowing, along with damage to the blood vessels.

Smoking not only impacts your cardiovascular health, but also the health of those around you who don't smoke. Exposure to secondhand smoke carries the same risk to a nonsmoker as someone who does smoke. Risks include stroke, heart attack, and heart disease. Smoking is one of the leading causes of death in the Philippines. The World Health Organization (WHO) has estimated that tobacco consumption kills 10 Filipinos every hour, due to cancer, stroke, lung and heart diseases brought on by cigarette smoking,"

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