

Smoking addiction

Definition:

Addiction is a chronic, but treatable, brain disorder. People who are addicted cannot control their need for alcohol or other drugs, even in the face of negative health, social or legal consequences.

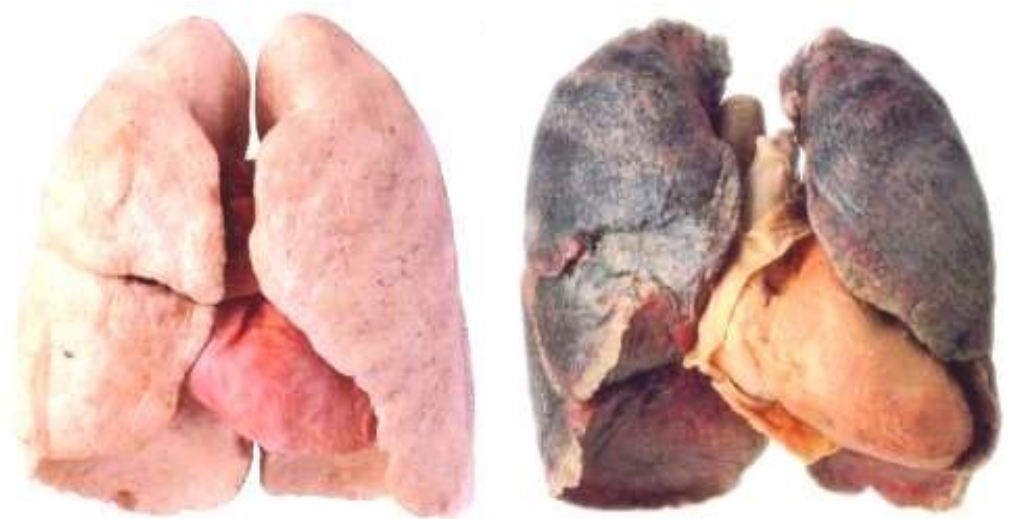


There are two components to addiction:

the physical addiction and the psychological addiction; it is likely that many factors create a risk for addiction.

Effects:

- Heart disease
- Cancer
- Death as a result of complications caused by the above diseases
- Respiratory problems.



Cigarette addiction can be overcome through commitment and a smart cessation plan:

- Realize that you are addicted to cigarettes but believe that you can break the addiction
- Avoid hanging out in areas where others are engaged in smoking
- Drink plenty of water; water will flush the nicotine out of your system and curb cravings.