

**CIGARETTES AND ELECTRONIC SMOKE
INHALERS**



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smoking is bad

STUDENT'S ATTITUDE TOWARDS SMOKING

The teenagers between 14-19 years are smokers, the principal cause is for stress and more causes. The Students' attitude towards smoking is very negative, their attitudes are inadequate. When the females smoke is because not feeling excluded and the mens is because they feel better and as if they were superior to others



HAZARDS OF SMOKING

CIGARETTE

TOBACCO IS A PLANT, ITS LEAVES CAN BE SMOKED, CHEWED AND ASPIRATED. IT CONTAINS NICOTINE, WHICH IS AN ADDICTIVE SUBSTANCE.

TOBACCO SMOKE CONTAINS MORE THAN 7,000 CHEMICALS OF WHICH AT LEAST 70 ARE KNOWN TO CAUSE CANCER.

There are many health risks from smoking and using tobacco. The most serious are those of the following list:

Blood clots and weakening of the walls of blood vessels in the brain, which can lead to having a stroke.

Agregar blood clots in the legs, which can travel to the lungs, Coronary artery disease, which includes angina and heart attack, Temporary arterial hypertension after smoking, Poor blood flow to the legs, Problems with erections due to decreased blood flow to

Agregar texto
the penis.

HAZARDS OF SMOKING ELECTRONIC CIGARRETES



Waht is a e-cigarretes?

Electronic cigarettes, also called e-cigarettes, are no better than normal cigarettes, since they also have their risks, apart from these devices they don't burn tobacco. Instead, they have cartridges filled with nicotine, THC, cannabinoid oil (CBD), flavors and other chemicals. For example: it can cause lung lesions

CONCLUSION

Conclusion Cigarettes and electronic cigarettes are very bad for your health, especially for the lungs. Most people smoke to relax and disconnect from daily stress. We think that to relax you do not need to smoke, you can do other things that you like, such as reading, cooking,

