Why You Should Not Smoke Cigarettes

**Topic:** Smoking cigarettes is a very, bad addicting habit that I don’t think anyone should do and if they already are, should quit doing.

**Purpose:** To get people to realize the problems of smoking cigarettes and to try to convince them to stop smoking, if they do, or stop someone they know from smoking.

**I. Introduction:**

**A. Attention Getting Strategy-** 1, 2, 3, 4, 5, 6, 7, 8. Someone just died from a tobacco related death. According to thetruth.com, every 8 seconds someone in the world dies from tobacco. And according to *Hospital Business Week*, 34 percent of high school students have admitted to smoking cigarettes.

**B. Thesis Claim-** Smoking cigarettes is an addicting, bad habit that ends up being a deadly habit.

**C. Forecasting of Key Points**

1) Smoking is very dangerous to your body
2) Smoking cigarettes is very costly
3) People smoking around you can still be dangerous to you.

**II. Body**

A. I want to begin with telling you all the bad things that can happen to your body from smoking cigarettes. Researchers have shown that cigarette smoking has adverse effects on a smoker’s health.

1) According to Alex Bobak, in his article *Don’t Give Up*, smoking is mostly related with respiratory diseases, cardiovascular diseases, and cancers. However, it also increases the risks of osteoporosis, cataracts, and can be associated with reduced fertility and other sexual health problems.

2) According to Healthtouch Online, about 440,000 people die from smoking related illnesses and more than one million children and adults start smoking each year.
3) Among people who are addicted to nicotine, 21.1% have mood disorders, 22 percent had a anxiety disorder, 31.7 had a personality disorder, and 8.2% had a drug use disorder, according to healthfinder.gov.

4) Here is a list of other problems that could result from smoking cigarettes.
   - bad breath
   - bad smell in clothes, hair, skin
   - earlier than normal wrinkling of the skin
   - problems having an erection for men
   - sleeping problems
   - sore throat
   - staining of the teeth

5) The main reason why smoking is so dangerous to your body and your life is because of what is in a cigarette. Here is a list of some of the chemicals, according to the tobacco control resource center.
   - Ammonia (household cleaners)
   - Tar (roads)
   - Carbon Monoxide (car/truck exhaust)
   - Acetone (nail polish remover)
   - Methanol (rocket fuel)
   - Arsenic (poison)
   - Nicotine (active ingredient in Raid to kill bugs and roaches)

B. Another reason why you shouldn’t smoke cigarettes is because of the money that is will cost you.

1) According to Medical Library, if someone smokes a pack of cigarettes a day that would cost that person...
   - $4 a day, $28 a week, $120 a month, $1,460 a year, $14,600 over 10 years. With that money you could buy yourself a decent car.

2) Even if you only smoke five cigarettes a day its still going to cost you $365 a year, $1,095 over 3 years, $1825 over 5 years, according to Health Status Internet Assessments.
3) Whenever a pack of cigarettes is sold in the United States, another $7.18 is added to the taxpayer’s bill of medical costs, according to Dr. Joseph Mercola, author of Total Health Program.

C. Even when people are smoking around you, it can still be dangerous to your body.
   1) According to the American Lung Association, secondhand smoke has been classified as a known cause of cancer in humans.

   2) Secondhand smoke causes approximately 3,000 lung cancer deaths and 35,000 heart disease deaths in adult nonsmokers in the United States each year.

   3) Secondhand smoke is especially harmful to young children. Secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year, and causes 1,900 to 2,700 sudden infant death syndrome deaths in the United States annually.

D. I also wanted to show you some other facts from thetruth.com.
   1) Over 80% of adult smokers started smoking before they turned 18.

   2) Pee contains urea, some tobacco companies add urea to cigarettes.

   3) Cigarettes kill 1,200 Americans daily

   4) Tobacco companies make $1.8 billion from underage sales.

III. Conclusion

A. Solution- No one will ever be able to rid the world of cigarettes completely. But my solution to this is to get you to stop smoking, if you do, or if not to stop someone you love from smoking. Then they stop someone and they stop someone. No one should have to be just another statistic.

B. Review of Key Points:
   1) Smoking cigarettes can be dangerous to your body
   2) Smoking cigarettes is very costly.
   3) Secondhand smoke is also very dangerous to your body.

C. Representation of Thesis- Cigarette smoke can be very dangerous to your body whether or not you are the one smoking.

D. Memory Device- The next time that you either light up a cigarette or someone around you is smoking, count to eight and think that someone has just died from the same product, and either put it out or ask them to stop.