

SA2045 Original Monologue

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How smoking cigarettes affects your body

There are lots of people on earth that smokes cigarettes and have no idea how bad it is. Cigarettes are terrible for your health and lungs. I think people should try to cut out smoking for their own good. But people tend to ignore the fact and keep smoking it. First, I am going to talk about how it affects your body health, second, what you can get from it, and lastly, how you can get support from others to stop your addiction.

They can give people heart attacks and lung cancer. I don't understand why people like to smoke. People say that it relieves stress, and addiction. You can also get cancer from it. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. You can get hearing loss and vision loss, as well as dental problems.

People should know how to quit smoking because there is nothing good you can get from it. It is also bad breathing in the smoke, even if you're not the one smoking it.

In my opinion, I don't think people should ever try to smoke because, once you breathe it in, then you become addicted to them. And after I figure out that it can give you several diseases, I won't ever want to smoke, because I know that it will end up badly if I become addicted to them.

According to Jamie Smith, smoking damages nearly every organ in the body.

People significantly reduce their chance of smoking-related disease by giving up. Like I said before, the health impact of smoking, including its effects on the brain, heart, lungs, and the immune system.

Smoking can lead to a big problem without people even knowing what's going to happen. You can die from the addiction from smoking. And typically that's why smoking is no good for you.

I think people should stop buying cigarettes and they shouldn't even go near it, because once you see it, you are very tempted to smoke it again.

I think it would even be a good idea to make the price of cigarettes even higher because then people will know that the price is getting higher and they can no longer afford it, or it is too expensive.

A solution that can help you stop smoking could be- get help from others, try physical activities, breathing exercise, and avoid looking or buying them. You can throw out the rest you have, and you can even get support from family and friends, because it will be tough to quit by yourself. You should also think positively and be remindful that it is possible to quit even though it would be hard.

In my opinion, I can understand that quitting smoking may be hard, but I would just throw every cigarette I have and be physical.

In conclusion, cigarettes are very effective for you and for your body health. And there is no good left from you doing it.