

SA2045 Original Monologue

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Long Term Effects of Smoking | New Health Advisor

Why Smoking Cigarettes can be a Disadvantage to your Body

Hook – Imagine being in a nice family friendly park on a sunny, summer day. There is grey, disgusting, cancerous smoke through the air you and your loved ones breathe in it. I believe that smoking cigarettes in public places should be illegal for many reasons such as the health and safety dangers of others including me. I've personally been walking around a park inhaling smoke that was spread by a local smoker. It wasn't a great experience, and neither was it for the people that was near by.

Thesis - So, to specify, I think smokers should light their final cigarette.

Link – To start things off I am going to talk about how cigarette smoking is causing significant harm to people.

Then, I will talk about what problems these situations will cause if they continue.

Lastly, I will tell you about the solutions that goes with the problem

Status quo According to the New Health Advisor, over 50,000 studies of the health effects of tobacco in dozens of countries have detailed its dangers. Worldwide, tobacco use causes about 90% of lung cancer deaths, 30% of all cancers, 20-25% of coronary heart diseases and stroke deaths, and more than 80% of chronic bronchitis and emphysema. In addition, not only does it affect smokers but even people who don't even partake in the activity of smoking cigarettes. Second-hand smoke is a serious issue and can cause cancer almost as easy as being an actual smoker can. Stanford University had released a study that shows that second-hand smoke exposure levels are very close to the amount of cancerous smoke active smokers are affected.

Problems with status quo

Smoking for a while can cause long term affects. For example, long term smoking can badly affect our blood vessels and heart, causing coronary heart disease.

Blood vessels can also become thicker and narrower due to smoking. It then increases the heart rate and blood pressure; thereby forming clots in the blood. If the blood flow is blocked by the clot or rupturing of a blood vessel, stroke can

take place. The blockage can also reduce the blood flow towards our skin and legs. In addition, long term effects of smoking are also on the reproductive system of women. For these people, Menopause can start early in women who smoke often. Conception becomes challenging and those women who get pregnant during smoking might experience impaired development of fetus, leading to lower psychological performance, problems in behavior and learning when the baby is born. There is other reproductive system of women such as:

- Early delivery which is basically when a baby is born significantly earlier than expected.
- Stillbirth (baby dies before being born)

Even for smokers, they should avoid themselves from these long-term effects just to prevent these life changing diseases.

Solution

I personally think we can reduce smoking by increasing prices of each pack. This can possibly get smokers to choose to buy less cigarettes and can save their money at the same time. Studies think that the consumption level of

smoking will decrease by 59% helping 259 000 smokers. **But on the other hand, I don't think this will stop real smokers at this moment. So, to help these people, smokers should have a final cigarette.**

For you smokers, light your final cigarette and make a solemn vow that regardless of what highs or lows may befall you in future, you will never puff on another cigarette or take nicotine in any form again. This is one of the most important decisions you will ever make because the length and quality of your future life critically depend on it. What's more, you know it's the correct decision even as you make it. Having made what you know to be the correct decision never even begin to question or to doubt that decision. In my opinion, I think smokers will be able to stop this mess and quit. But since I am an ant compared to the prime minister, I can't just solve this problem. So, let's hope that someone can read this speech one day and somehow fix this problem step by step.

