

# Smoking

## ■ Cigarettes and e-cigarettes

Everyone knows that smoking can cause **lots of diseases**, that it can **shorten your life** by 10 years or more and that the habit can cost a lot of money.

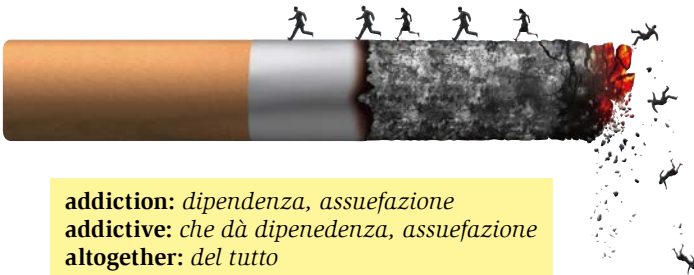
Vaping (smoking e-cigarettes) also has risks. Starting to use e-cigarettes, or **switching** from cigarettes to e-cigarettes, increases your risk of devastating health effects. The safest option is to avoid both vaping and smoking **altogether**.

## ■ Why do teens start smoking?

Teenagers start smoking for a variety of different reasons. Some think it looks **cool**. Others start because their family members or friends smoke. Statistics show that about **9 out of 10 tobacco users start before they are 18 years old**.

## ■ What's in a cigarette?

There are approximately 600 ingredients in cigarettes, which, when burnt create more than 7,000 chemicals. At least 69 of these chemicals **can cause cancer**, and many are toxic.



**addiction:** dipendenza, assuefazione  
**addictive:** che dà dipendenza, assuefazione  
**altogether:** del tutto  
**bad-smelling:** maleodorante  
**cool:** stiloso, 'figo'  
**emphysema:** enfisema  
**healing (time):** (tempo) di guarigione  
**pill:** pillola anticoncezionale  
**pneumonia:** polmonite  
**poisoning:** intossicazione  
**stroke:** ictus  
**to switch:** passare (da una cosa all'altra)  
**yellowish:** giallastra



## ■ Smoking effects

The consequences of this **poisoning** happen gradually. **Over the long term, smoking cause health problems** like heart disease, **strokes**, **emphysema**, and many types of cancer. People who smoke also have an increased risk of infections like bronchitis and **pneumonia**. These diseases limit a person's ability to be normally active, and they can be fatal.

Smoking can also cause fertility problems and can impact sexual health in both men and women. Girls who are on the **pill** or other hormone-based methods of birth control increase their risk of serious health problems, such as heart attacks, if they smoke.


**Nicotine and the other toxins** in cigarettes can also affect a person's body quickly, which means that teen smokers can experience problems as: **yellowish** skin, bad breath, **bad-smelling** clothes and hair, reduced athletic performance, greater risk of injury and slower **healing** time and increased risk of illness.

Smoking is a hard habit to break because tobacco contains nicotine, which is highly **addictive**, so when stopping, it can be helpful to know that the first few days are the hardest.

**1**  **Complete the sentences.**

1. Lots of people smoke even though...
2. There are also risks in...
3. According to statistics, ...
4. Gradual, long term effects of smoking are...
5. Immediate effects of smoking are...
6. Giving up smoking is difficult because...



**2**  **Find words in the text which correspond to the following definitions.**

1. Causing a lot of damage or destruction.  
.....
2. Substances used in or produced by a reaction involving changes to atoms or molecules. ....
3. Illness caused by eating, drinking, or breathing a dangerous substance.  
.....
4. Illness in which the bronchial tubes become infected and swollen, resulting in coughing and difficulty in breathing.  
.....
5. Ability to reproduce. ....
6. Something you cannot stop taking once you have started. ....

**3**   **PAIR WORK** Prepare an infographic to present minimum ten facts and figures of smoking.



**IT IS NEVER TOO LATE TO STOP!**

Once you stop using tobacco products, your blood pressure, pulse rate and skin temperature will return to normal within 20 minutes. Within eight hours, high levels of carbon monoxide in your blood will return to normal and, within a few weeks, your circulation will improve, your sense of taste and smell will improve, and you will have fewer colds and more energy.