

Bad Habits

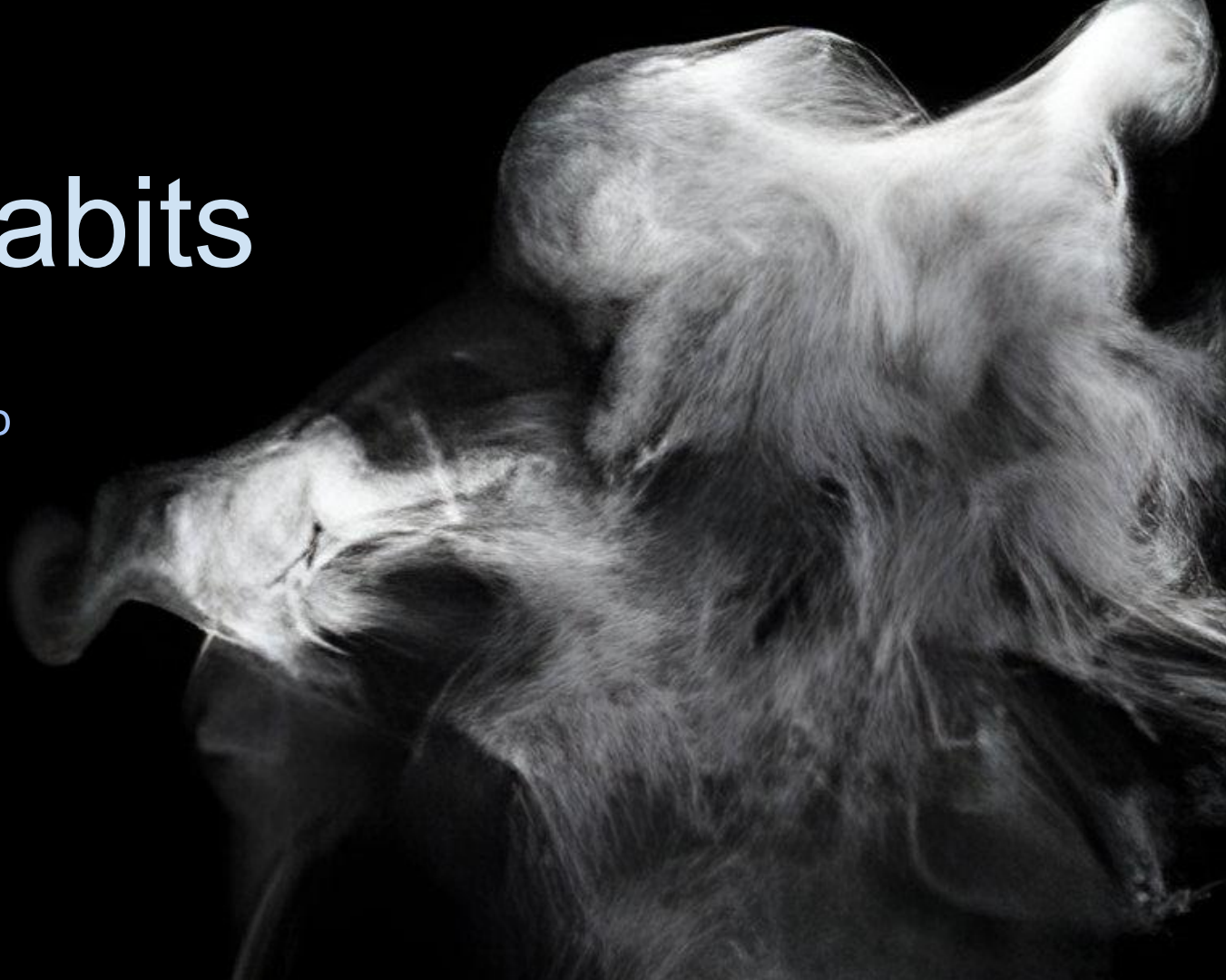
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Bad Habits

There is many bad habits that humans can develop that are hazardous like:

- Smoking
- Drinking
- Laziness

What is smoking?

it is an addictive act of burning tobacco so that it can be inhaled and tasted by the user, it contains a lot of harmful chemicals that ruin the organs of the human body and some of these chemicals are :-

- Nicotine
- Tar
- Ammonia
- Carbon monoxide



Types of smoking

In our survey we asked people what type of smoking do they think is less harmful:

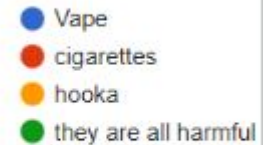
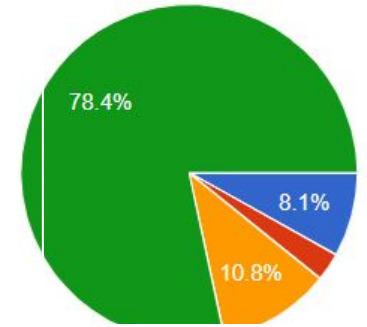
1)vape 2)cigarettes 3)shisha 4)All of them

And this is what we got:-

As we concluded from our survey a lot of people are aware that all types of smoking are harmful and damages the body

What type of smoking do you think is less harmful

37 responses



History of smoking

Smoking goes back to around 5000 BC and was first introduced in America where Native Americans used to smoke the tobacco plant or *Nicotiana tabacum*.

When smoking started it was used in ceremonies but, as years passed smoking started to get more famous until it is in everyone's hands and it was developed a lot since it started. For instance, in 1492 Christopher Columbus smoked tobacco plants, nowadays people smoke cigarettes, vape, hookah and the list goes on.

What are the diseases that smoking causes ? (meral)

Smoking can cause many problems such as cancer, heart disease, stroke, diabetes, lung disease, and chronic obstructive pulmonary disease (COPD), the risk of having an eye disease or problems in the immune system is really high. Nearly 8.7 million people die per year due to smoking can you believe that?

Why smoke and put yourself in this sad and almost depressing situation ?





Resources / citations (Rita)

[Nicotine dependence - Symptoms and causes - Mayo Clinic](#)

Mayo Foundation for Medical Education and Research. (2022a, April 19). *Nicotine dependence*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584>

[What is smoking and tobacco? | Australian Government Department of Health and Aged Care](#)

Australian Government Department of Health and Aged Care. (2023c, April 4). *What is smoking and tobacco?* <https://www.health.gov.au/topics/smoking-and-tobacco/about-smoking-and-tobacco/what-is-smoking-and-tobacco>

https://www.cdc.gov/tobacco/basic_information/index.htm

Centers for Disease Control and Prevention. (2022, June 27). *Basic information*. Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/basic_information/index.htm

Did you know that?

1. Did you know that smokers die 13 to 14 years earlier than nonsmokers.
2. Did you know that the world's first tobacco plant was found in america
3. Did you know that smoking turns your hair grey faster
4. Did you know that 41%of adults in jordan are smokers which makes Jordan one of the most country with smokers.

BEFORE SMOKING ASK YOURSELF DO YOU REALLY WANT TO FALL IN THIS ENDLESS LOOP ?AND WHY PAY THE PRICE WHEN YOU CAN BE FREE

