

## **Speech about Smoking is Dangerous**

Smoking is a major cause of many types of cancers, including lung cancer. Lung cancer is the leading cause of death in both men and women who smoke. Smoking also increases the risk of other forms of cancer, such as bladder, throat, mouth, and cervical cancers. In addition to these deadly diseases, smoking can also increase your risk for stroke, heart disease, and chronic obstructive pulmonary disease (COPD).

Secondhand smoke can be even more dangerous than first-hand smoke. Secondhand smoke comes from the burning tobacco products that smokers exhale and off their clothes and furniture. This smoke contains over 7,000 chemicals, 70 of which are known to cause cancer. The long-term health effects of secondhand smoke include respiratory and heart disease, strokes, and some types of cancer.

Smoking not only affects the smoker's health but also those around them. Babies exposed to secondhand smoke are more prone to sudden infant death syndrome (SIDS), asthma attacks, and ear infections. Children who breathe in secondhand smoke are more likely to suffer from colds and bronchitis, have more frequent & severe asthma attacks, experience lung damage as adults, and get ear infections much easier than children who do not come into contact with secondhand smoke.

There is no safe level of exposure when it comes to smoking or even secondhand smoke. The long-term effects of smoking can be deadly and should be taken seriously by everyone. Quitting smoking is one of the best ways to protect yourself and your loved ones from the dangers of cigarettes. If you or someone you know is a smoker, encourage them to make a quit plan and seek help from their doctor or local quitting resources. It's never too late to quit!

Thank you for listening. Together, we can work on reducing tobacco use and its harmful effects in our communities.

This concludes my speech about how dangerous smoking is for our health. Thank you for your time.