

Smoking: A Deadly Habit

0 Studies indicate that smoking kills hundreds of thousands of
 9 Americans every year. Almost every day, nearly 5,000 people under the
 20 age of 18 smoke for the first time. Unfortunately, many of these young
 33 people become smokers for life. In fact, nine out of ten adult smokers
 46 started smoking when they were teenagers. Very few smokers develop
 56 the habit as adults. Tobacco companies frequently target children in their
 67 advertising campaigns. These companies are aware of the fact that once
 78 kids become addicted to smoking, they often become smokers for life.

89 Most teenagers develop a smoking habit for purely social reasons.
 99 Many teenagers believe that smoking gives them the illusion of being
 110 older or glamorous. Others start smoking because their parents, relatives,
 120 or other role models smoke. Some kids pick up the habit in the hopes of
 135 being accepted by peers who smoke.

141 What is it about smoking that is so addictive? Tobacco—the main
 153 ingredient in cigarettes, pipes, cigars, and smokeless tobacco—is a plant
 164 that contains nicotine, a highly addictive substance. In fact, nicotine is
 175 said to be even more addictive than heroin or cocaine.

185 Smoking is detrimental to the human body. It raises blood pressure,
 196 causes the heart to beat faster, and is a leading cause of coronary heart
 210 disease. Smokers have more upper respiratory diseases and a much
 220 higher incidence of lung cancer. Smoking also affects a person's brain and
 232 leads to an increased risk of stroke. In addition to health risks, smoking
 245 causes bad breath, stained teeth, skin wrinkles, and premature aging, and
 256 costs a considerable amount of money.

262 It is advisable to avoid the habit entirely. However, the good news
 274 is that smokers who kick the habit can improve their health almost
 286 immediately.

287 Less than 12 hours after quitting, oxygen levels in the body increase
 299 to normal levels. At the same time, carbon monoxide levels in the blood
 312 decrease to a normal range. After only 24 hours, the chance of having a
 326 heart attack is reduced. Within a couple of weeks, the body's circulation
 338 improves enough that physical activity becomes easier.

345 At their one-year anniversary, ex-smokers' excess risk of heart
 356 disease is decreased to half that of a smoker. At the five-year anniversary,
 370 the stroke risk is that of a nonsmoker. After ten years, the risk of
 384 developing lung cancer decreases by half. And, 15 years after quitting, the
 396 risk of heart disease and death rate are the same as a nonsmoker.

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Total Words Read _____

- Errors _____

= CWPM _____