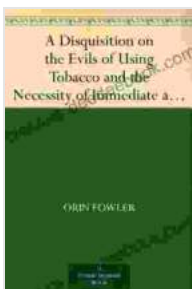


# Disquisition on the Evils of Using Tobacco and the Necessity of Immediate and Perpetual Abstinence Therefrom

Tobacco use is a serious public health problem. It is the leading cause of preventable death in the United States, and it is responsible for a wide range of health problems, including cancer, heart disease, stroke, emphysema, bronchitis, and lung disease. Tobacco use also increases the risk of premature death from all causes.



## A Disquisition on the Evils of Using Tobacco and the Necessity of Immediate and Entire Reformation

by John Nathan Diamond

★★★★☆ 4.7 out of 5

Language : English  
File size : 102 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 28 pages  
Lending : Enabled



The harmful effects of tobacco use are well-documented. The evidence is clear that tobacco use is a major cause of disease and death. There is no safe level of tobacco use. Even exposure to secondhand smoke can cause health problems.

The good news is that quitting tobacco use can improve your health and reduce your risk of developing serious health problems. Quitting tobacco use is not easy, but it is possible. There are many resources available to help you quit, including support groups, counseling, and medication.

If you are a tobacco user, I urge you to quit. Quitting tobacco use is the best thing you can do for your health.

## **The Harmful Effects of Tobacco Use**

Tobacco use is a major risk factor for a wide range of health problems, including:

- **Cancer:** Tobacco use is the leading cause of preventable cancer deaths in the United States. It is responsible for about 1 in 5 cancer deaths.
- **Heart disease:** Tobacco use is a major risk factor for heart disease, which is the leading cause of death in the United States. Tobacco use increases the risk of heart disease by damaging the arteries and heart.
- **Stroke:** Tobacco use is a major risk factor for stroke, which is the fifth leading cause of death in the United States. Tobacco use increases the risk of stroke by damaging the arteries and brain.
- **Emphysema:** Tobacco use is the leading cause of emphysema, which is a serious lung disease that can cause shortness of breath, wheezing, and coughing.
- **Bronchitis:** Tobacco use is a major risk factor for bronchitis, which is a lung disease that causes inflammation and swelling of the bronchial tubes.

- Lung disease: Tobacco use is a major risk factor for lung disease, which is a general term for any condition that affects the lungs.
- Premature death: Tobacco use is a major risk factor for premature death from all causes.

Tobacco use is also a major risk factor for many other health problems, including:

- Gum disease
- Tooth decay
- Osteoporosis
- Cataracts
- Macular degeneration
- Erectile dysfunction
- Infertility
- Pregnancy complications
- Sudden infant death syndrome

### **The Benefits of Quitting Tobacco Use**

Quitting tobacco use can improve your health and reduce your risk of developing serious health problems. The benefits of quitting tobacco use include:

- Reduced risk of cancer, heart disease, stroke, emphysema, bronchitis, and lung disease

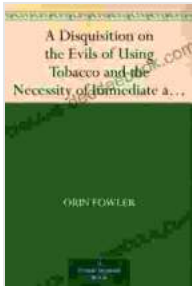
- Improved lung function
- Increased energy levels
- Improved sense of taste and smell
- Brighter skin
- Reduced risk of gum disease and tooth decay
- Improved bone health
- Reduced risk of cataracts and macular degeneration
- Improved erectile function
- Increased fertility
- Reduced risk of pregnancy complications
- Reduced risk of sudden infant death syndrome

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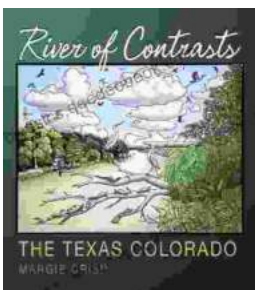


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