

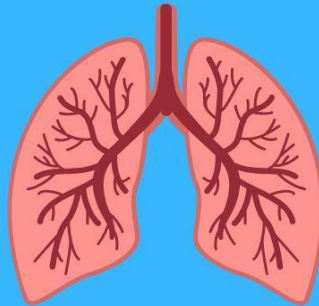


no drinking

no smoking

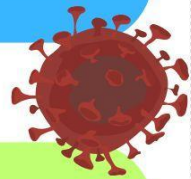


heart problems



difficulty in breathing

**STOP
smoking
& drinking**



higher risk of cancer



*mental health
problems*

Experiment no:-1

Date of Experiment:-

Name of the Experiment:- Ill effects of smoking and drinking on a human body.
(Communication Skills-I)

Application Required:- Open office.org writer

Steps:-

1. **Open Libre office Writer.**
2. **Make the poster using Drawing shapes and gallery option.**
3. **Write the contents with proper formatting.**
4. **Save the document.**

Ill Effects of drinking and smoking:-

- Smoking and drinking are detrimental to health due to their severe adverse effects. Smoking tobacco exposes the body to harmful chemicals that damage the lungs, heart, and blood vessels, leading to respiratory diseases, cardiovascular issues, and cancers.
- Additionally, alcohol consumption in excess can harm the liver, and brain, and increase the risk of addiction, accidents, and chronic conditions like liver disease and certain cancers.
- Both habits weaken the immune system, impair cognitive function, and contribute to premature aging.
- Adopting these habits significantly elevates the risk of life-threatening diseases and compromises overall well-being, making it imperative to avoid or minimize smoking and excessive alcohol consumption for better health.

How does smoking cause cancer?

- ☐ Each time a smoker inhales a lit cigarette, a chemical **chain reaction** creates dozens of carcinogenic compounds. These compounds are sucked through the lips, travel past the tongue and mouth, down the throat and into the lungs, causing inflammation in all those areas and exposing them to cancer-causing chemicals. Once in the lungs, compounds from the tobacco smoke are absorbed into the bloodstream and spread carcinogens throughout the body.
- ☐ Tobacco smoking may cause cancer “almost anywhere in your body” and is linked to 90 percent of all lung cancers, according to the U.S. Centres for Diseases

Control and Prevention (CDC). Lung cancer is the leading cause of all cancer deaths in America.

Smoking also is linked to:

- ☐ Bladder cancer
- ☐ Breast cancer
- ☐ Cervical cancer
- ☐ Colorectal cancer
- ☐ Head and neck cancer
- ☐ Kidney cancer
- ☐ Liver cancer
- ☐ Pancreatic cancer
