

Good afternoon, everyone.

Today, let's talk about an important issue: smoking and its effects on our health. Smoking is the leading cause of preventable deaths worldwide. It is linked to various serious health conditions, including heart disease, stroke, and multiple types of cancer.

Scientific studies show that nicotine in cigarettes is highly addictive, making it difficult for people to quit once they start. Furthermore, the toxins in cigarette smoke not only harm the smoker but also those around them, contributing to secondhand smoke exposure, which can cause similar health issues in non-smokers.

Quitting smoking can greatly improve one's health. Research indicates that after just one year of quitting, the risk of heart disease drops by 50%, and in 10 years, the risk of lung cancer falls significantly.

It's crucial we understand these facts and make informed decisions. By choosing not to smoke or by quitting, we take a vital step toward healthier lives for ourselves and our loved ones.

Thank you for considering this important issue.