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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Women Smokers Are Different From Men Smokers

By J.R. Ferrara

Why Women Smoke

Research shows that women start smoking and quit smoking for different reasons than men. Some women smoke to control their weight. Unfortunately, smoking doesn't control weight as much as people think.

Close emotional bonding with other women is another reason why women smoke. If a woman's close friend smokes, then so will she. Quitting will make her feel distant and isolated.

The third reason women smoke is their menstrual cycle. Feeling low and irritable during their cycle makes them smoke all the more. Quitting at this period of the month is not a good idea.

Women Suffer More from Smoking

Women who smoke regularly tend to suffer more than men do. Research shows that women lose 15 years of their lives because of smoking, whereas men lose only 13. This deadly habit is shared by 45% of women all over the world. Due to the tobacco industry's direct marketing to women, their sales have increased. The number of women who die from lung cancer has increased proportionally.

Lung cancer was the main cause of death in women in 1987. Today, more women die from lung cancer than breast cancer, ovarian cancer and uterine cancer combined. Almost 75,000 women died last year in the United States alone due to lung cancer.

Deadly Health Problems

Other deadly problem that women suffer from because of smoking is a higher risk of heart attacks. Women are more prone to die from their first heart attack, especially those women who take birth-control pills. Smoking also increases the risk of other cancers like ovarian cancer, uterine cancer, oral/mouth cancer, bladder cancer, rectal cancer and breast cancer. Women may also suffer from emphysema, colorectal polyps, osteoporosis and early menopause. Still births, miscarriages and infertility can cause further stress.

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Smoking also leads to tension and stress in a woman's family life. Not only do their parents or spouse suffer from their habit, their kids face trauma at an early age as well. Pregnant women may give birth to children who have birth defects or suffer from asthma, chronic ear infections and sleeping disorders.

Women also face cosmetic ill effects from smoking. Bad breath, yellow–stained nails, fingers and teeth are an unpleasant sight. (Yuck!) The skin loses its shine and begins to look dull due to excessive smoking.

Nicotine, as the world's most addictive drug, makes it hard for women to quit smoking. A fear of weight gain from quitting is another major reason why women are hesitant to take this step, but a woman who quits smoking takes the right step toward not just a healthy body but also a healthy and fulfilled family life as well.

<http://www.health–nutrition–news.com>

<http://www.medical–dental–news.com>

Vitamin E and Lung Cancer Prevention

By News Canada

(NC)–Lung cancer, the most preventative of all human cancers, remains the leading cause of cancer death for both men and women. Several studies have shown that vitamin E supplementation is associated with a lower risk of developing lung cancer in non–smokers. Unfortunately, the same benefit was not seen in smokers. The most effective health action for smokers is still to stop smoking.

It is believed that the beneficial effect of vitamin E is a consequence of its antioxidant role, which may be enhanced when taken in combination with

other antioxidants such as vitamin C, beta–carotene and selenium. All of these nutrients are available in a quality multivitamin such as Centrum®, available in your local pharmacy. For more information on supplementation, visit www.centrumvitamins.ca.

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400,000 Reasons to Stop Smoking

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