

Presentation on the topic: The
impact of bad habits on a
person's life

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1. Tobacco smoking

For the umpteenth time, the smoker took a cigarette in his hand, flicked the lighter with relish, and, puffing on what he thought was the fragrant smoke, began to dreamily stare at the blue rings of smoke that slowly spread out in the air of the room. But did he even think for one second about what processes are going on in his body and what harm smoking has on him? Probably not. You should have!



▣ *The composition of the cigarette*

- *Nicotine*
- *Resin Lead*
- *cadmium and nickel Benzene*
- *Formaldehyde*
- *ammonia*
- *Carbon monoxide*
- *arsenic*
- *Acetone*
- *Styrene*
- *Polonium-210*

GETTING INTO THE HUMAN BODY, THESE SUBSTANCES CAUSE IRREPARABLE HARM TO IT. DOCTORS HAVE PROVEN THAT THE AVERAGE LIFE EXPECTANCY OF A SMOKER IS 9 YEARS LESS THAN THAT OF A NON-SMOKER.



Smoking damages:

1. nervous system
2. Sense organs
3. Respiratory organs
4. Cardiovascular system
5. Digestive organs

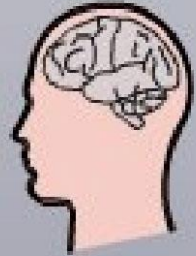


The harm of smoking on the body

1. *All alcoholic beverages contain alcohol, and alcohol is a good solvent*
2. *The influence of alcohol, in any form, is colossal and versatile. Alcohol is harmful to health in general: the gastrointestinal tract, central nervous system, cardiovascular system, genitourinary system, respiratory system, and so on. In fact, there is not a single organ that does not suffer from alcohol.*

Alcoholism





How the brain works



Ecstasy



Speed



Cocaine



Cannabis



Heroin



Alcohol



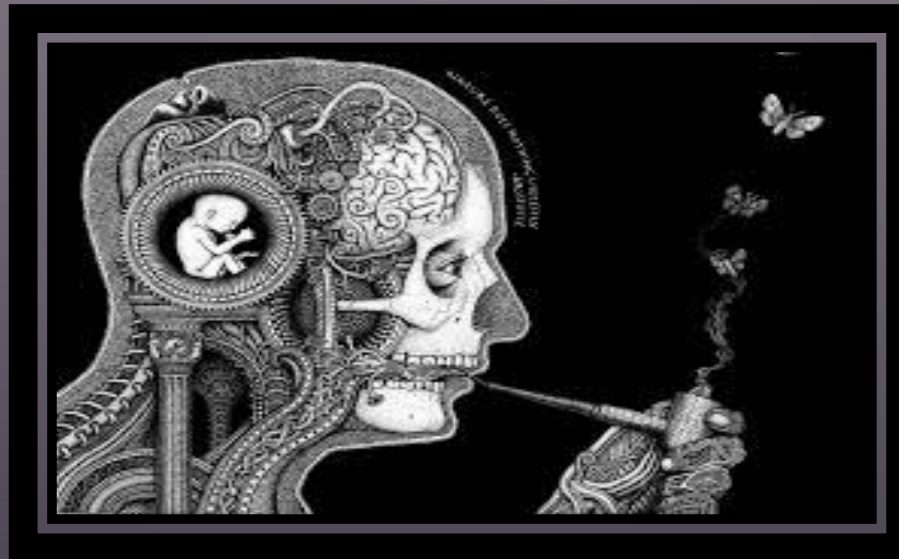
Nicotine

Drug addiction

Consequences of smoking cannabis, etc. нарушение координации движений;

- the increase in reaction time;
- reduced mobility of the eyeballs;
- loss of visual acuity and color perception disorders;
- degeneration of the retina and optic nerves is also possible.

Cannabis



- The main problem is cardiovascular complications, which lead to a fatal overdose. The second option is acute psychosis. Cocaine causes the most powerful vascular spasm. And what organ will it shoot at... This can be a brain hemorrhage, a spasm of the heart vessels, and the kidneys can fail. And there is no difference how the drug gets into the blood-through the nose or a vein.

cocaine addiction



People who take opium drugs very quickly begin to experience physical dependence, which is expressed in the appearance of weakness, weakness, joint pain, nervousness, insomnia and depression, these are symptoms of withdrawal or drug withdrawal, this is a condition that occurs in drug addicts who can no longer live without the drug. Such a condition in cases of opium addiction can develop after a week of regular drug use and can occur every time if a person takes opium drugs constantly.

Opium addiction



Properties:

1. when taking such drugs, a person has vivid images, sound and visual hallucinations
2. when taking psychedelics, various illusions may arise. Familiar objects and the world around you may look unreal
3. People who take such drugs may have a sense of understanding the essence of all things, insight, discovery of the truth, understanding the order of all things in the world.

Drug addiction caused by
hallucinogens



Everyone understands that taking such drugs is unlikely to benefit the body. But if you look at the truth, such drugs can cause not only severe poisoning and intoxication of the body, but also affect the consciousness of a person. For example, after taking LSD, a completely healthy person can get mental disorders, starting with psychosis and ending with schizophrenia. Also, the consequences of taking hallucinogens are reflected in the future offspring of an addict, so such people are unlikely to be able to have healthy children, even if they want to.

