

Your Name

Supervisor Name

Course Name

Due Date

### A Good Side of Smoking

Smoking is regarded as harmful, as it is known to cause cancer and cardiovascular diseases. However, different studies indicate that smoking nicotine has health benefits as well. There are inverse relations between smoking and health conditions like uterine fibroids, Parkinson's disease, Alzheimer's disease, and endometriosis. Studies also show that those who smoke cigarettes have a better chance of surviving a myocardial infarction, unlike non-smokers. Therefore, there is a good side of smoking.

Benefits of nicotine and smoking are considered plausible with a number of conditions. According to Baron, cigarettes have an anti-estrogenic effect, which is beneficial in tackling diseases associated with excess estrogen, including uterine fibroids and endometriosis (59). Smoking has a beneficial impact on gynecological and obstetric conditions. Smokers are at a lower risk of pre-eclampsia or hypertension in pregnancy (Scollo and Winstanley). Smoking cigarettes also counteracts nausea and vomiting.

Smoking is considered beneficial in areas where direct carcinogenesis is not an issue. Studies indicate that smokers are at a lower risk of endometrial, breast, and colorectal cancers (Baron 61). Tobacco smokers are at limited risk of myocardial infarction complications and venous thrombosis compared to non-smokers.

Cigarette smoking has an effect on the immune system, like affecting antibody response and T-cell functioning. Cigarettes suppress immunity, which is beneficial for immunologically initiated disorders like aphthous ulcers and ulcerative colitis, acne,

sarcoidosis, and extrinsic allergic alveolitis (Baron 63). Effects are realized by the alteration of prostaglandin pathways.

Tobacco smoking has positive metabolic effects where it controls body weight, especially in older adults. It also affects the functioning of the central nervous system by interacting with nicotinic cholinergic receptors. Cigarette smoking is associated with a lower incidence of disorders associated with the motor system functioning like Parkinson's and Alzheimer's diseases (Baron 65). Cigarette smoking can also improve mental performance. Tobacco is thought to relieve patients of unpleasant symptoms for certain mental illnesses (Scollo and Winstanley). This is achieved by altering the central nervous transmitter systems.

In conclusion, there are several verifiable positive outcomes of smoking, such as the potential to reduce Alzheimer's disease, dementia, Parkinson's disease, and sarcoidosis. It has also been linked with improved mental functioning, lower mental illness symptoms, and lower risk to pregnancy conditions. Smoking also helps control body weight thus tackling obesity. Cigarette smoking reduces the likelihood of suffering from endometrial cancer, ulcerative colitis, and external allergic alveolitis among others. For this reason, it will be correct to conclude that there is a good side of smoking.

Works Cited

Baron, John A. "Multiple Benefits of Nicotine and Cigarette Smoking: The Realistic, the Possible, and the Spurious." *The British Medical Bulletin*. (1996): 52 (1) 58-73.

Scollo, MM., and Winstanley, MH. "Tobacco in Australia: Its Facts and Pertinent Issues." The Melbourne: Cancer Council Victoria. (2012).

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