Description

We know smoking is injurious to health. Smoking has always been associated with several adverse effects like pulmonary disorders, cardiac disorders and may be lung cancer which is fatal. Recently, researchers published an article in the *Journal of the American Heart Association* that clearly states smoke-free individuals are lesser prone to cardiac disorders. According to the research, the individuals who live in the areas with smoke-free restaurants, bars or workplaces, have been observed to be having lower systolic blood pressure. In fact, when the same sample was exposed to the regions where smoke-free policies are not implemented, there was an increase in the average systolic blood pressure. High systolic blood pressure is a possible indication of cardiovascular diseases. These could give the government an indication of how important it is to implement smoke-free policies.

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Category

1. Checklist

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