**Quit Smoke or Quit Your Life With Stroke!**  

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**Commentary**

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**ABSTRACT**

The word stroke and smoke are some rhythmical to observe and so near to each other. Stroke is very sensitive even a puff of cigarette can trigger its deadly effects. Every human cell requires oxygen supply and if such supply is discontinued or totally blocked then our brain stroke begins.

**INTRODUCTION**

The word stroke and smoke are some rhythmical to observe and so near to each other. Stroke is very sensitive even a puff of cigarette can trigger its deadly effects. Every human cell requires oxygen supply and if such supply is discontinued or totally blocked then our brain stroke begins. The stroke is of two different types Hemorrhagic stroke and Ischemic stroke [1-10].

The weekend blood vessels leak and this rarely happens but its occurrence results in death this type is called Hemorrhagic stroke [11-20]. If blood to the brain is blocked of by a blood clot these results in Ischemic stroke.

As it is deadly disease there are few symptoms which are to be known by all people to detect it during the attack. The drop in face to one side and arm weakness, numbness in one of the arm, slurred speech, call emergency if you observe any of the above symptoms [21-30].

In the present lifestyle even in developing countries and traditional countries like India women started smoking so it’s time to get start awareness programs on smoking effects on stroke without any gender differentiation. Agravation of stroke chances in smokers when compared to nonsmokers [31-40]. The awareness programs on risk factors of smoking on stroke are to be highlighted to the people. This awareness not only to the illiterates but also to the people who are in high lifestyle culture should be taken awareness programs [41-60].

As second hand and third hand smoke also have effects on the health of people. It’s time to change your lifestyle according to the need of current healthy society [61-80]. The stickiness of blood platelets increases and that increases chances of blood clot. Smoke increases bad cholesterol (LDL) and decreases good cholesterol (HDL) which increases more chances of stroke.

Women who use oral contraceptive pill have more chances of stroke if they are a smoker. Think positively and plan accordingly which can keep you away from smoking and simultaneously away from stroke.

The smoke which you inhale and exhale contains almost 4000 chemicals that are toxic to your healthy physiology. There are 4000 chemicals in cigarette which can cause 8000 diseases from their toxic chemical [81-100]. The research studies which shows the smoke effects on stroke.
REFERENCES