



# SMOKING AFFECTS MARRIED LIFE AND MEMORY

**S**moking is said to be the root cause of several dangerous diseases. According to an authentic survey conducted, marriage with a smoker can also be dangerous for the partner. As per the research, the risk of stroke of heart related problems doubles in case of passive smoker. The past researches have talked about risk of heart attacks in smokers but passive smoking was not mentioned in it. According to the researchers of Harvard University marriage with smokers increases the risk of stroke by 72 percent.

The research says that non-smokers or those who have quit smoking also have the chances of stroke if the partner smokes. Chief researcher Dr. Maria Glymer says that smoking has a negative impact on the partner also. During the research around 16 thousand people above the age of 50 years were examined during the study who had completed nine years of married life. The study showed that if a non-smoker gets married to a smoker then the risk of contracting heart diseases and stroke increase by about 42 percent.

According to another study, smokers also had the risk of loss of memory in old age. There are chances of suffering from dementia. Dementia is a disease which affects the behaviour, memory and speech of the patient. Severian Sabia and his colleagues associated with the national health institute of France conducted a study on ten thousand working people in the age group of 35 and 55 years in London held between 1985 and 1988. The study showed that smoking affected the memory with growing age.

An article published in the magazine Archives of International Medicine, these researchers claimed that chain smoking has very deep impact on the memory of smokers. They also said that those who quit smoking also reduce the risk of poor memory. According to the researchers, there is a strong relationship between smoking and memory and therefore the real picture is not clear because many people lose their lives before crossing middle age. They believe that health can be improved by quitting smoking even in old age.

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