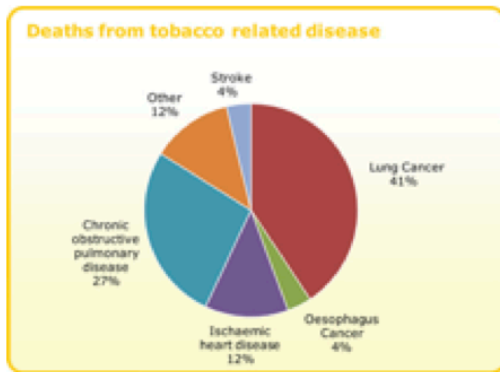


Assignment 1b

Cigarette causes many health related issues such as lung cancer and heart diseases. Due to these negative health impacts, many smokers are trying to quite the bad habit. However, since cigarette contains nicotine, a primary psychoactive chemical, it is highly addictive and can be hard for someone to quit it in an instant. For many smokers, it takes weeks or even months to quit smoking completely. Some smokers even go through multiple cycles of stopping and starting, making quitting smoking a lifelong struggle. Although there exist many types of products that aimed to help someone quit smoking, tracking someone's progress is essential too.

Smoking is estimated to increase the likelihood of getting lung cancer by more than 25 times as compared to people who do not smoke. It also increases the chance of getting coronary heart disease by 2-4 times (CDC). The graph on the left shows the deaths from tobacco related disease. And in the US, over 480,000 deaths are resulted from tobacco related disease (CDC). Thus figuring out a way to help people quit smoking while providing a real time progress report is important.



Citation:

CDC - http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/