Smoking First Thing In The Morning Linked To Increased Lung Cancer Risk.

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Two recent studies have shown the smokers who light up right after waking up are more likely to develop lung or head/neck cancer. The increased risk seems to be related to the fact that these smokers are more addicted to nicotine and inhale the smoke more deeply, increasing their exposure to cancer causing chemicals in the smoke.

Source
http://onlinelibrary.wiley.com/doi/10.1002/cncr.26236/abstract
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