



What is called the 'silent killer' by the World Health Organisation (WHO)?

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- A. Smoking
- B. Alcohol
- C. Diabetes
- D. Unbalanced Diet

Smoking is called the 'silent killer' by the World Health Organisation (WHO).

Smoking cigarettes can unfavourably affect the body in many ways, particularly raising the risks of serious heart and respiratory diseases. The effect of smoking is caused when substances are burned and absorbed into the bloodstream. These highly toxic and carcinogenic compounds contained in cigarettes significantly increase the risks of developing lung cancer, tracheal cancer, bladder cancer and pancreatic cancer. Moreover, toxic chemicals such as carbon monoxide and tar cause serious damages to the vessels which eventually lead to ischemic heart disease and stroke. Although smoking is a hard habit to break since nicotine is highly addictive, smoke cessation is highly recommended to lower the chances of heart and lung conditions. - [Source](#)