

Tobacco



Name:

Class:

Vocabulary

Lesson 1: Vocabulary

- Nicotine-
- Addictive-
- Tar-
- Bronchi-
- Carbon Monoxide-
- Smokeless Tobacco-

Lesson 2: Vocabulary

- Chronic Obstructive Pulmonary Disease (COPD)-
- Cardiovascular Disease-

Lesson 3: Vocabulary

- Tolerance-
- Physical Dependence-
- Psychological Dependence-

- **Withdrawal-**

- **Relapse-**

Lesson 4: Vocabulary

- **Secondhand Smoke-**

- **Sidestream Smoke-**

- **Mainstream Smoke-**

- **Passive Smoker-**

Lesson 5: Vocabulary

- **Negative peer pressure-**

- **Point-of-sale advertising-**

TEST YOUR SMOKING I.Q. (SA-22)

DIRECTIONS: Place a *T* for True or an *F* for False in the blank to the left.

- _____ 1. The nicotine in cigarettes causes cancer.
- _____ 2. The tar in cigarettes causes addiction.
- _____ 3. Cigarette smoking can lead to heart disease.
- _____ 4. Over 1,000 people die each day from smoking.
- _____ 5. It is safe to smoke filtered cigarettes.
- _____ 6. Chewing tobacco contains less nicotine than cigarettes.
- _____ 7. Nine out of ten people with lung cancer will die.
- _____ 8. Being in a smoke-filled room for one hour is the same as smoking one cigarette.
- _____ 9. A woman who smokes during pregnancy can harm the fetus.
- _____ 10. Polonium is a radioactive element found in cigarette smoke.
- _____ 11. Cigarette smoking kills more people each year than all the deaths due to AIDS, heroin, crack, cocaine, car accidents, murder, fire, and alcohol combined.
- _____ 12. Smoking pipes and cigars is a great deal less dangerous than smoking cigarettes.



Tobacco IQ

Test your knowledge of tobacco by completing each statement.
Circle your answers. Then reread the article to check them for accuracy.

Some questions have more than one correct answer.

Be ready to discuss in class.

1. Chewing tobacco can
 - a. make your hair fall out
 - b. make your teeth fall out
 - c. make your teeth crooked.
2. Smoking causes
 - a. 10% of all lung cancers
 - b. 50% of all lung cancers
 - c. 90% of all lung cancers.
3. Young smokers have a higher rate of
 - a. asthma
 - b. diabetes
 - c. car accidents.
4. Nicotine withdrawal makes you feel
 - a. happy and healthy
 - b. strong and energetic
 - c. depressed and moody.
5. Cigarettes contain 43
 - a. chemicals known to cause cancer
 - b. stimulants
 - c. depressants.
6. Some poisons found in cigarettes are
 - a. cinnamon and sugar
 - b. cyanide and formaldehyde
 - c. ammonia and carbon monoxide.
7. 430,000 is the number attributed to
 - a. the amount of money someone will spend on cigarettes
 - b. the number of cigarettes smoked each day
 - c. the number of deaths per year attributed to tobacco-related diseases.
8. Smoking shortens a person's life span by
 - a. 10 to 12 years
 - b. 1 year
 - c. 5 to 8 years.
9. Ninety percent of people who quit smoking
 - a. succeed right away
 - b. fail and are never able to quit
 - c. fail the first few times they try to quit.
10. Kids who are involved in sports smoke
 - a. less
 - b. about the same amount
 - c. more than kids not involved in sports.
11. Smokers lose their sense of
 - a. hearing
 - b. sight
 - c. smell.
12. Smokers have more
 - a. colds and infections
 - b. heart disease and high blood pressure
 - c. cancers and emphysema.

STRAIGHT TALK ON TOBACCO

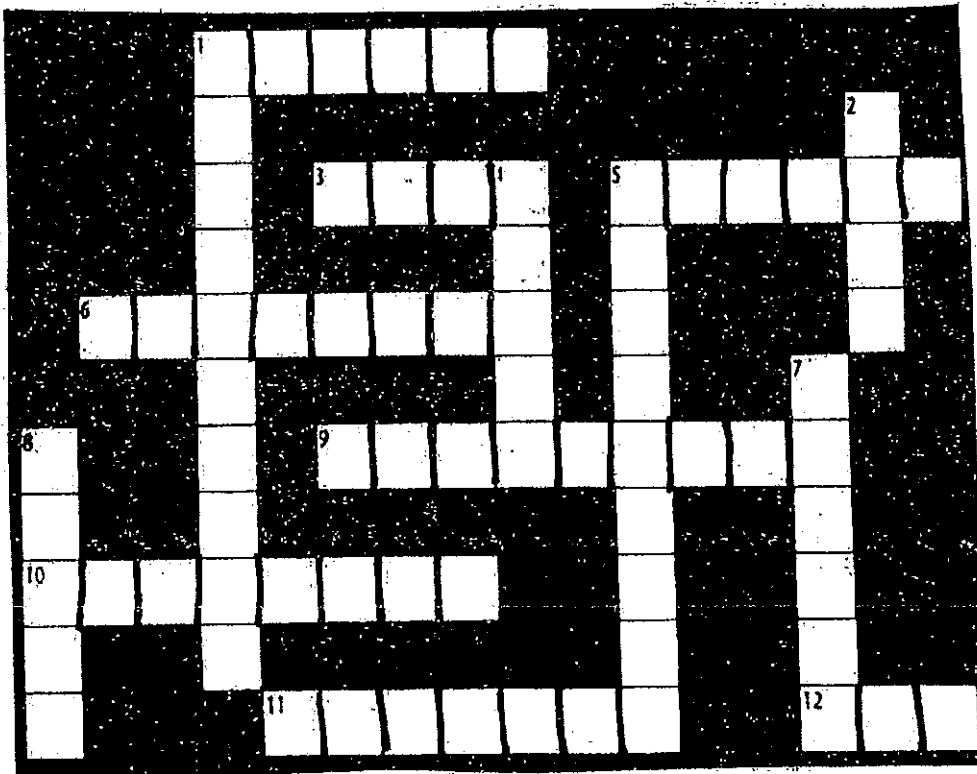
Do ads confuse you? Get the straight facts with this crossword.

ACROSS

1. Smokers often feel short of _____.
3. Babies whose parents smoke have a higher risk of dying from _____.
5. Smoking causes 90% of lung _____ cases.
6. Tobacco's addictive "hook": _____.
9. In many public _____, smoking is banned.
10. When you can't overcome the need for a cigarette, you're _____.
11. Trying to quit smoking can make a person feel _____.
12. _____ are used to sell certain brands to kids.

DOWN

1. When smoking causes irritation and swelling in the tubes of the lungs, it's called _____.
2. _____ pressure often influences young people to smoke.
4. Smoking makes your clothes _____.
5. Cigarette smoke contains about 4,000 _____.
7. Even secondhand smoke can bring on an _____ attack; the person "wheezes."
8. Nicotine reaches the brain and affects muscle movement, breathing, and _____ rate.



Chapter 13 Notes

Tobacco

Lesson 1 What is Tobacco? (p.308)

- I. _____ - is a woody, shrub-like plant with large leaves
- There are over _____ chemicals in tobacco. One of these chemicals is nicotine.
- II. _____ - an addictive drug found in tobacco leaves and in all tobacco products. It makes someone who uses tobacco wanting more.
- This is one of the **cancer** causing chemicals in tobacco smoke.
 - Nicotine enters the body when tobacco leaves are **smoked, chewed, or snorted**, and change the chemistry in the brain.
- III. _____ - capable of causing a user to develop intense cravings (p.309)
- Nicotine is an addictive drug
 - Once the drug has been in the body regularly, the body begins to **depend** on it.
 - Tobacco is **habit** forming.
- IV. _____ - a thick, oily, dark liquid that forms when tobacco burns (p.309)
- When smokers **inhale**, tar deposits form on the bronchi in the lungs
 - If tar builds up, serious diseases such as **emphysema** and lung cancer can develop. These diseases make it difficult for a person to breathe.
 - **Cancer** is a disease in which cells grow without control.
- V. _____ - passages through which air enters and spreads through the lungs (p.309)
- **Alveoli** are tiny air sacks in your lungs.
- VI. _____ **Monoxide** - a poisonous, colorless, odorless gas which is given off when tobacco burns (p. 309)
- Carbon monoxide in smoke passes through the lungs and into the _____ **stream**.
 - Carbon monoxide _____ the amount of oxygen the blood vessels can carry.
 - Carbon monoxide weakens **muscles** and blood vessels, which can lead to heart attack and stroke.

Different Tobacco Products (p.309)

1. _____

Risks of Using Cigarettes

- Emphysema
- _____
- Heart disease
- Different types of cancers
- Infertility
- Stroke
- _____
- Early wrinkling of skin
- Stained teeth and fingers

-More than 400,000 cigarette smokers die from smoking-related illnesses every year.

2. _____ and _____ (p.310)

Risks of Using Cigars and Pipes

- Cancers of the mouth, larynx, throat
- _____

-One large cigar can contain as much tobacco as a _____.

3. 3. _____ Tobacco - ground tobacco that is chewed or inhaled through the nose
ex. Snuff (p. 310)

- The process of using smokeless tobacco is called **dipping**.

Risks of Using Smokeless Tobacco

- Cancers of the mouth, larynx, stomach, pancreas
- Cancer of the _____
- _____
- Bad breath
- Tooth decay
- Gum disease

-Smokeless tobacco contains 15 times more nicotine than cigarettes.

Lesson 2 Health Risks of Tobacco Use (p.311)

Tobacco Use Is Hazardous to Your Health

- In 1965, Congress passed a law requiring tobacco manufacturers to print _____ **warnings** on cigarette packages.
- Tobacco use is particularly damaging to _____ because their bodies are still growing and developing.
- The _____ in tobacco and tobacco smoke can cause damage to most of the body's systems.
- Some of the effects of tobacco use are evident almost **immediately**. Others become apparent over time

How Tobacco Affects the Body

- Short-term effects are what happens right away when you are using the tobacco
- Long-term effects are what happens over a longer period of time (example: a year)

1. Nervous System (p.312)

Short-term effects:

- Nervousness
- _____
- Heart rate increases
- Blood pressure rises
- Immediately changes take place in the _____ chemistry when tobacco is used.
- _____ **symptoms** may occur as soon as 30 minutes after the last cigarette.

Long-term effects:

- Increased risk of _____ due to decreased flow of oxygen to the brain

2. Circulatory System (p.312)

Short-term effects:

- _____ **rate** increases
- Smoking increases carbon monoxide in the _____ stream
- _____ is reduced because less oxygen gets to body tissues.

Long-term effects:

- Weakens and narrows **blood vessels**, which causes your blood pressure to rise and your heart to pump faster.
- Increased cholesterol levels
- Fatty buildup in blood vessels
- Increased risk of heart disease and stroke
- Reduces the blood supply to skin and lowers **vitamin** levels, which can make you look older.

3. Respiratory System (p.312)

Short-term effects:

- Shortness of breath
- Reduced energy
- _____
- More frequent **colds, flues**, and **respiratory** illnesses

Long-term effects:

- Increased risk of lung cancer
- Increased risk of emphysema and other lung diseases which make it difficult for lungs to absorb **oxygen**
- Damages **lung** tissue

4. Digestive System (p.312)

Short-term effects:

- Upset _____
- **Dulled** taste buds
- **Tooth decay**

Long-term effects:

- Increased risk of mouth and throat cancer
- Gum and tooth disease
- Increased risk of stomach _____
- Increased risk of bladder cancer

I. Chronic Obstructive Pulmonary Disease (_____) - a condition in which passages in the lungs become swollen and irritated, eventually losing their elasticity (p.313)

- Chronic Bronchitis

- Asthma
- Emphysema

In the United States, COPD causes over _____ deaths per year

Ninety percent of these **deaths** are linked to smoking.

A dry, hacking **cough** is a long-term physical effect of smoking.

Facts About Lung Cancer (Figure 13.2 p.313)	
• Smoking is the number _____ cause of lung cancer, causing 87 percent of lung cancer cases.	
• Cigarette _____ contains more than 4,000 different chemicals, many of which are cancer-causing substances.	
• Lung cancer is the _____ cancer killer in the United States, causing more deaths than the next three most common cancers combined.	
• _____ hand smoke is also an important cause of lung cancer.	

II. _____ **Disease** - a disease of the heart and blood vessels

- Long-term smoking **increases** levels and contributes to arteriosclerosis.

III. _____ - is hardening of the arteries.

- Both cardiovascular disease and arteriosclerosis reduce oxygen flow to the heart, dramatically increasing a smoker's risk of _____ and heart attack.
- Other long-term effects of smoking include _____ of the brain, throat, breast, and bladder.

Lesson 3 Tobacco Addiction

Negative Experiences When First Using Tobacco

- Light-headed
- Nausea
- Vomiting

I. _____ - a process in which the body needs more and more of a drug to get the same effect (p.316)

- As the body gets **used to** nicotine, it develops a tolerance to the drug.

II. _____ **Dependence** - a type of addiction in which the **body** itself feels a direct need for a drug (p.316)

- The _____ that result from a physical dependence can only be satisfied by more nicotine.
- Any time the nicotine level drops or is absent, the body experiences a craving.

III. _____ **Dependence** - an addiction in which the **mind** send the body a message that it needs more of drug (p.316)

- Someone with a psychological dependence may _____ that he or she needs nicotine to perk up or relax.
- Certain events, situations, and habits **trigger** a desire to use tobacco. For example, some people feel the need to smoke at parties or night clubs.

Tolerance and Dependence (p.316)

- Once psychological and physical dependencies are established the tobacco user is considered **addicted**.
- **Ninety** percent of the people who start smoking become addicted.
- Teens who use tobacco are much _____ likely to use drugs such as marijuana, cocaine, and alcohol.
- Teens are more likely to develop a _____ level of addiction than people who begin smoking at a later age.

IV. _____ **drawal**- physical and psychological reactions that occur when someone stops using an addictive substance (p.317)

Some people choose to quit smoking _____ **turkey**, meaning they stop all use of tobacco immediately.

Physical Withdrawal Symptoms	Psychological Withdrawal Symptoms
---------------------------------	--------------------------------------

Headaches	Irritability
Tiredness	Sudden cravings for tobacco in certain situations
Increased hunger	Sudden cravings for tobacco at certain times
A jittery, restless feeling	Difficulty concentrating or sleeping

-Counseling or support groups can help a user overcome a psychological dependence on tobacco.

-Many people who decide to quit suffer a relapse within the first three months of quitting.

Lesson 4 Tobaccos Cost to Society

-Smokers live shorter lives

-Females who smoke lives are shortened by an average of five years (just from smoking!)

Costs to the Nonsmoker (p.320)

I. _____ Smoke - environmental tobacco smoke (ETS) (p.320)

- Secondhand smoke is a combination of **sidestream** smoke and **mainstream** smoke.
- Whenever a smoker lights up, smoke is released into the air that everyone breathes. This is referred to as secondhand smoke

II. _____ Smoke - smoke that comes directly from a burning cigarette, pipe, or cigar (p.320)

- Sidestream smoke contains _____ as much tar and nicotine as mainstream smoke.

III. _____ Smoke - smoke that is exhaled by a smoker (p.320)

IV. _____ Smoker - a nonsmoker who breathes in secondhand smoke (p.320)

- A passive smoker can develop many of the same health problems as people who smoke cigarettes.
- About 40,000 nonsmokers die each year from **heart** disease.
- About 30,000 nonsmokers die each year from **lung** cancer.
- Each year, between 150,000 and 300,000 infants and toddlers develop _____ or **bronchitis** from secondhand smoke.
- Secondhand smoke is estimated to cause between 200,000 to 1 million _____ attacks each year.
- Secondhand smoke is particularly hard on children younger than _____ months.

Costs to the Unborn Child (p.321)

- Early birth
- _____ birth weight
- _____ problems

Risks of Smoking During Pregnancy

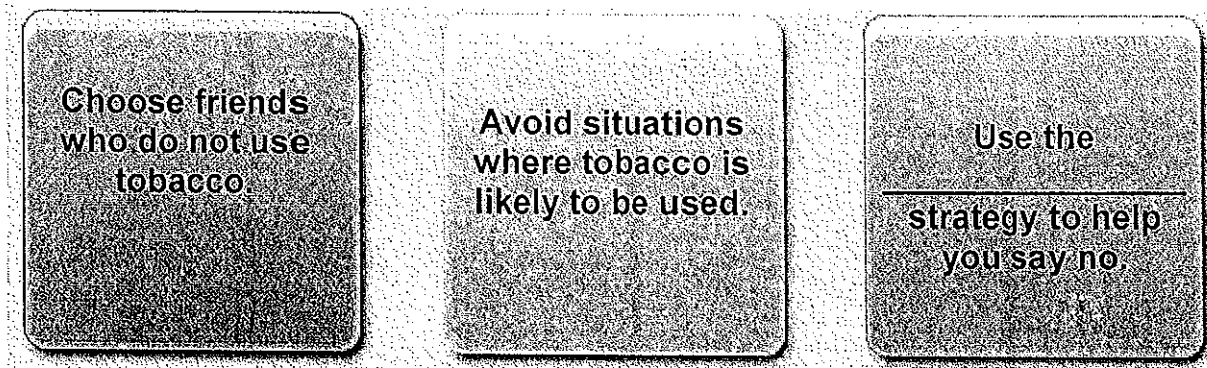
- When an expectant mother smokes, the developing baby gets _____ oxygen, which results in a lower birth weight than normal.
- The lack of oxygen is caused by the presence of **carbon monoxide** gas in the mother's blood.

Lesson 5 Choosing To Be Tobacco Free

Why Some Teens Start Using Tobacco

- _____ **Peer Pressure** - pressure you feel to go along with harmful behaviors or beliefs of others your age
- Family members
- Advertising- _____ **Promotions** - advertising campaigns in which a product is promoted at a store's checkout counter (p.324)
- _____

Staying Tobacco Free



- Use the **S.T.O.P.** strategy to help you say no. (p.325)
 - **S**ay no
 - **T**ell why
 - **O**ffer another idea
 - **P**romptly leave
- Nearly 85 percent of adult smokers report having started smoking before the age of _____
- If you avoid using tobacco now, there is a **strong** possibility that you won't start smoking as an adult.

Nonsmokers' Rights (p.325)

- You have the right to breathe air that is _____ of tobacco smoke.
- Many local laws **forbid** smoking in designated areas such as businesses, schools, and public transportation vehicles.

Lesson 1 Review

Vocabulary: What is nicotine?

List: Identify and describe the risks associated with three harmful substances found in all forms of tobacco.

Recall: What is the most common form in which tobacco is used? Name three other tobacco products.

Analyze: Julia is at a party where another girl lights a cigarette. When Julia points out that smoking is bad for her health, the other girl shrugs. "I'm a strong person," she says. "I can quit anytime I want." How might Julia reply?

Evaluate: Pete chews smokeless tobacco. He uses it when no one else is around so others don't have to watch him spitting tobacco juice. "It's a win-win situation" says Pete. Do you agree with Pete's point of view? Explain your answer.

Lesson 2 Review

Vocabulary: What is cardiovascular disease? How is it caused by smoking?

List: What are some ways that tobacco use damages the circulatory system?

Describe: What is the relationship between smoking and lung cancer?

Analyze: Of the health risks associated with tobacco use, which one do you consider the most serious? Explain your answer.

Explain: Why do you think it is important to put warning labels on cigarette packages?

Lesson 3 Review

Vocabulary: Define tolerance. How does a tolerance to nicotine form?

Recall: Explain the difference between physical dependence and psychological dependence.

Give Examples: What are symptoms of nicotine withdrawal?

Analyze: What specific dangers does trying tobacco pose for teens?

Synthesize: How do nicotine replacement therapies help a person stop smoking?

Apply: Madison's mother has been trying to quit smoking, but has had several relapses. What can Madison do to help her mother quit smoking?

Lesson 4 Review

Vocabulary: What is secondhand smoke? How does it affect the nonsmoker?

Identify: How much money do tobacco companies spend each year on advertising?

Vocabulary: What is smoking's cost to the U.S. in terms of business productivity?

Evaluate: Why are pregnant women advised not to smoke?

Analyze: Erin was waiting in line for the movies. When the man in front of Erin lit a cigarette, the women standing beside the man said it was rude. "Why?" the man asked. "I'm not hurting anyone else, am I?" How would you respond to this question?

Lesson 5 Review

Vocabulary: What is negative peer pressure?

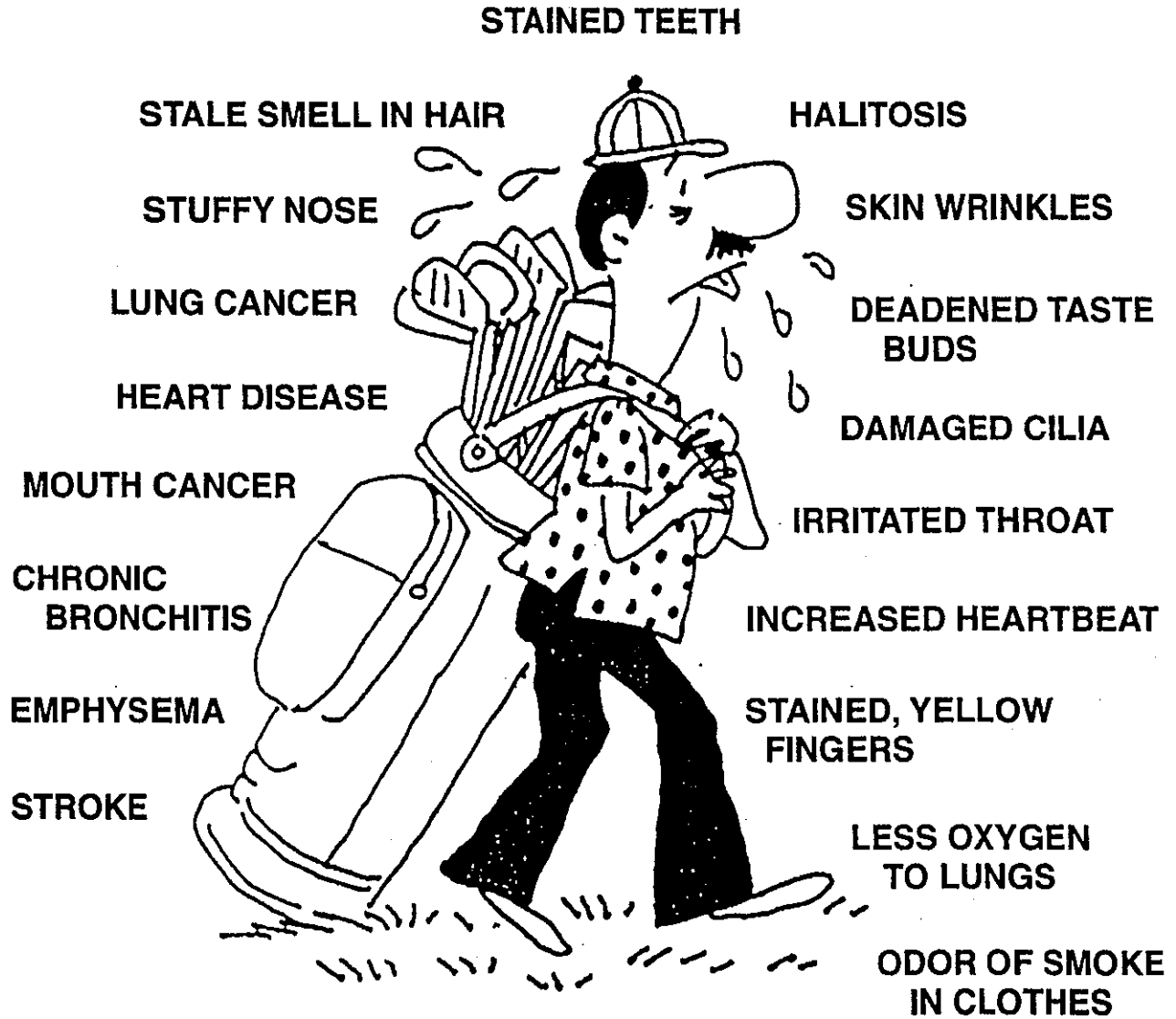
Describe: Name ways of avoiding peer pressure to try tobacco.

Recall: What right is shared by all nonsmokers?

Evaluate: Which one of the influences you read about to try tobacco do you find the most persuasive and why?

Analyze: You are sitting in a non-smoking area of a restaurant. A person at the next table lights up. When you point to the non-smoking sign, the person extinguishes the cigarette. She then says "You know, smokers have rights, too." How do you respond?

WHAT SMOKING CAN DO FOR YOU: (SA-27)



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SMOKING KILLS OVER 1,000 PEOPLE EACH DAY!

WHAT CHEWING TOBACCO CAN DO FOR YOU: (SA-28)

MOUTH SORES

INCREASE YOUR RISK OF:

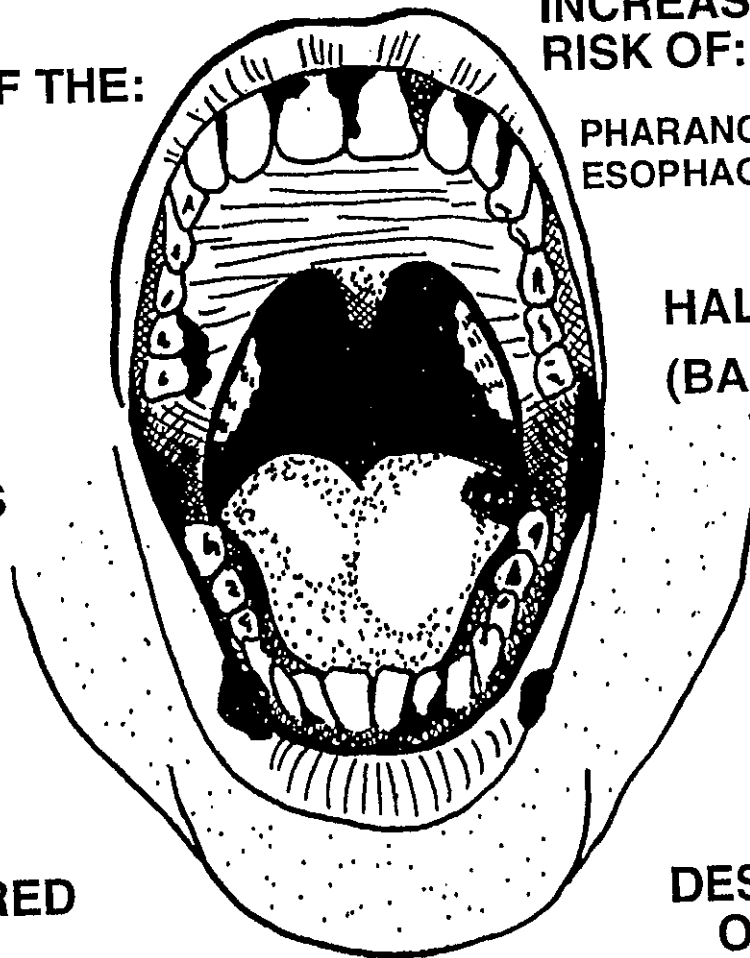
CANCER OF THE:

**CHEEK
MOUTH
TONGUE
LIPS**

**PHARANGEAL CANCER
ESOPHAGEAL CANCER**

**HALITOSIS
(BAD BREATH)**

LIP STAINS



**DISCOLORED
TEETH**

**DESTRUCTION
OF GUMS**

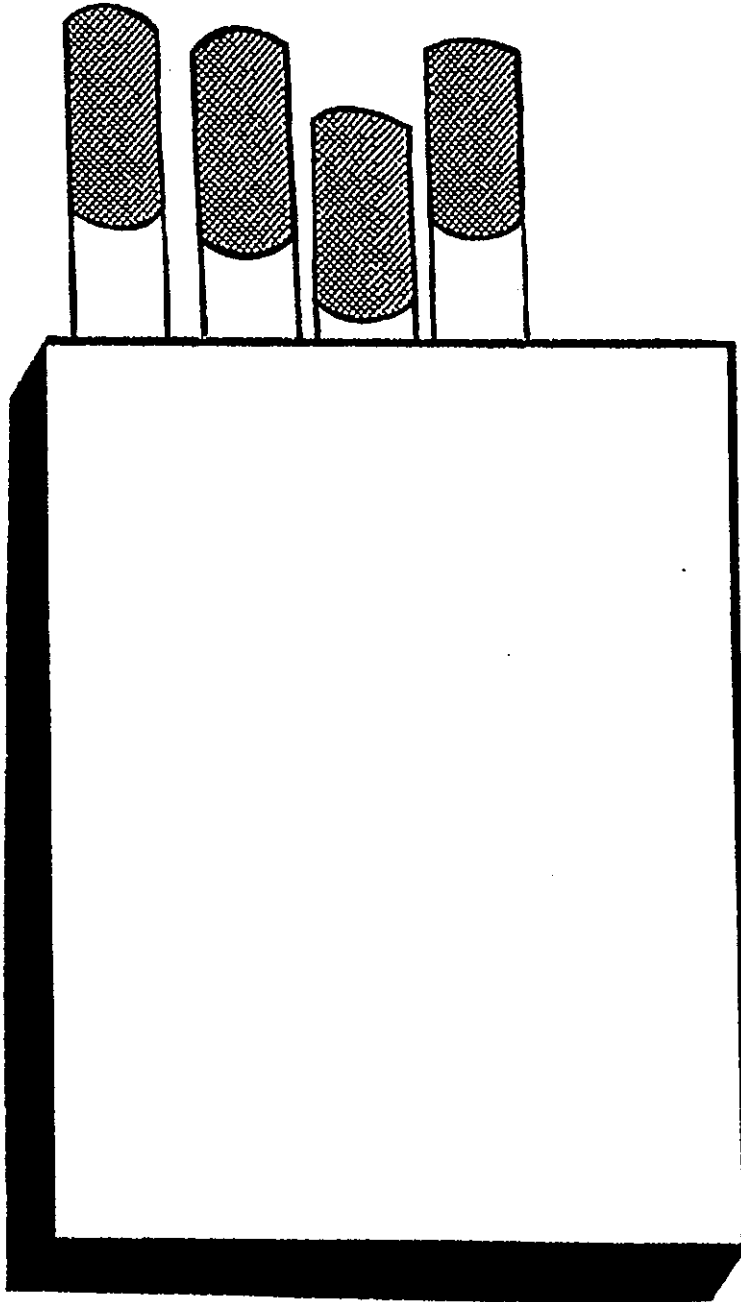
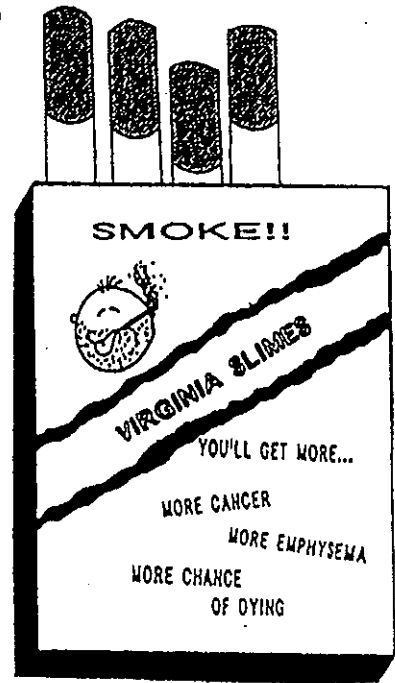
**SOME CHEWING TOBACCOS CONTAIN MORE
NICOTINE THAN CIGARETTES.**

Name _____

Date _____

PACK IT IN!! (SA-33)

DIRECTIONS: Design your own brand of cigarettes highlighting the negative aspects of smoking. Cut out the pack when completed, mount it on construction paper, and display it with other packs.



Name _____

Day: 1 2 3

Hour _____

\$ GO Figure \$

Directions: Find the cost of a pack of cigarettes. After finding the cost of one pack of cigarettes, you will need to calculate the cost of smoking for various lengths of time. After calculating the cost of smoking for various lengths of time, you will need to list at least two things that you would rather do / buy with the money you save from not smoking cigarettes.

Example: If I calculate that smoking one pack of cigarettes a day for one week would cost \$40, I could say that I would rather go out to a movie with a friend and buy a new shirt with the \$40 I would save from not smoking one pack of cigarettes a day for a week!

1) The cost of one pack of cigarettes is _____

2) The cost of smoking 1 pack of cigarettes a day for 1 week is _____

I would rather do this with the money I'd save by not smoking:

a.

b.

3) The cost of smoking 1 pack of cigarettes a day for 1 month is _____

I would rather do this with the money I'd save by not smoking:

•

•

4) The cost of smoking 1 pack of cigarettes a day for 1 year is _____

I would rather do this with the money I'd save by not smoking:

-
-

5) The cost of smoking 1 pack of cigarettes a day for 3 years is _____

I would rather do this with the money I'd save by not smoking:

-
-

6) The cost of smoking 1 pack of cigarettes a day for 5 years is _____

I would rather do this with the money I'd save by not smoking:

-
-

7) What are three reasons that you should not smoke cigarettes?

-
-
-