C:\Users\msm15132\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IDQ7B1SA\MC900290958[1].wmf Tobacco Review Ch. 20

Define:

1. Nicotine
2. Stimulant
3. Carcinogen
4. Tar
5. Leukoplakia
6. Carbon monoxide
7. Mainstream smoke
8. Sidestream smoke
9. Environmental Tobacco Smoke
10. Substances that cause physical and psychological dependence are called….
11. List 4 Short term effects of tobacco
12. List 4 Long term effects of tobacco
13. At what age can you legally buy tobacco products?
14. Give 3 reasons why tobacco use among teens has declined.
15. Describe a strategy for someone who wants to quit using tobacco.
16. How do adult smokers effect the children who live with them?
17. When did most adult smokers begin smoking?
18. How does smoking effect the body’s capacity for physical activity?
19. Describe symptoms of nicotine withdrawal.
20. Why should a person trying to quit using tobacco, tell their friends and family?
21. How has the number of overall tobacco users in the US changed in recent history?