Ch. 20 Tobacco

What are the health risks associated with tobacco use?

1. All forms of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are \_\_\_\_\_\_\_\_ for your health
   1. Leading cause of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ deaths in US
   2. Linked to \_\_\_\_\_\_\_\_\_\_\_ disease, \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ disease
   3. \_\_\_\_\_\_\_% of adult smokers begin as \_\_\_\_\_\_\_\_\_\_\_\_
2. Nicotine - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drug found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Nicotine is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it \_\_\_\_\_\_\_\_\_\_\_\_\_ the action of the \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_
   2. It \_\_\_\_\_\_\_\_\_\_\_\_\_\_ blood pressure and \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

Poisonous Substances in Tobacco Smoke

1. Carcinogens - \_\_\_\_\_\_\_\_\_\_\_ causing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Tar –
   1. Destroys \_\_\_\_\_\_\_\_\_\_\_\_\_\_, aveoli, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tissue
3. Make smokers susceptible to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, pneumonia, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ disease, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Carbon Monoxide – colorless, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ gas
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ body’s cells of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Other substances found in \_\_\_\_\_\_\_\_\_ poison and \_\_\_\_\_\_\_\_\_\_\_\_ cleaner

Pipes, Cigars, and Smokeless Tobacco

1. Cigars – contain \_\_\_\_\_\_\_\_\_\_ nicotine, tar, and carbon monoxide than \_\_\_\_\_\_\_\_\_\_\_
2. Cigar and pipe users at \_\_\_\_\_\_\_\_\_\_ risk for \_\_\_\_\_\_\_\_\_\_\_\_ of the mouth, \_\_\_\_\_\_\_\_\_\_, throat, \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Smokeless tobacco - \_\_\_\_\_\_\_\_\_\_\_\_ through the nose, held in the \_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_
   1. \_\_\_\_\_\_ a safe alternative to smoking
   2. Nicotine and carcinogens \_\_\_\_\_\_\_\_\_\_\_\_\_\_ through the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Amounts of poisonous substances can be \_\_\_\_\_\_\_\_ times that of \_\_\_ cigarette
4. Short term effects of tobacco
   1. Occurs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Brain chemistry - \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for tobacco, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ symptoms
   3. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_
   4. Physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is decreased
   5. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ dulled
   6. \_\_\_\_\_\_\_\_\_\_\_\_ reduced
   7. Bad \_\_\_\_\_\_\_\_\_\_\_
   8. Yellow teeth
   9. \_\_\_\_\_\_\_\_\_\_\_ hair, skin, and clothes

Long Term Effects of Tobacco

1. Chronic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - cilia is \_\_\_\_\_\_\_\_\_\_\_\_, leads to build up of \_\_\_\_\_\_\_\_\_\_\_\_ causing a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ cough and \_\_\_\_\_\_\_\_\_\_\_\_\_ secretions
2. Emphysema – air \_\_\_\_\_\_\_\_\_\_\_ in lungs are \_\_\_\_\_\_\_\_\_\_\_\_\_\_, making it \_\_\_\_\_\_\_\_\_\_\_\_\_ to absorb \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Lung cancer – develops when \_\_\_\_\_\_\_ is destroyed and excess \_\_\_\_\_\_\_\_\_\_\_ cannot be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Coronary heart disease and stroke –
   1. Nicotine \_\_\_\_\_\_\_\_\_\_\_\_\_\_ blood \_\_\_\_\_\_\_\_\_\_\_\_\_ and leads to build up of \_\_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Weakened Immune System

Other Consequences

1. Cost to \_\_\_\_\_\_\_\_\_\_
2. Cost to \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Legal –

Why do teens use tobacco

1. Control \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Cope with \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Appearance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Influence by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reduction in Teen Use

1. Better recognition of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Laws make it illegal to ….
3. Family values
4. Positive \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Benefits of Living Tobacco Free

1. Better cardiovascular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and function
2. Free from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on a substance
3. Free from many \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How to avoid tobacco use

1. Surround yourself with \_\_\_\_\_\_\_\_\_\_\_\_ influences
2. Stay \_\_\_\_\_\_\_\_\_\_\_ from situations where \_\_\_\_\_\_\_\_\_\_\_ will be \_\_\_\_\_\_\_\_\_\_\_
3. Prepare your \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Quitting tobacco use

1. Nicotine withdrawal
   1. Irritability, \_\_\_\_\_\_\_\_\_\_\_\_, difficulty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Nicotine substitutes – products that deliver \_\_\_\_\_\_\_\_\_\_\_\_ amounts of \_\_\_\_\_\_\_\_\_\_\_
   1. Patches
   2. \_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_ spray

Getting help to quit

1. Prepare for \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_
2. Rid \_\_\_\_\_\_\_\_\_\_\_\_\_ of all \_\_\_\_\_\_\_\_\_\_\_\_\_\_ products
3. Avoid \_\_\_\_\_\_\_\_\_\_\_\_\_ situations
4. Get \_\_\_\_\_\_\_\_\_\_\_
5. Get \_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Replace tobacco with \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like \_\_\_\_\_\_\_\_\_\_\_\_

Smoke and the environment

1. Non-smokers who breath second-hand smoke are at risk for \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_
2. Environmental Tobacco Smoke –
   1. Causes…….
   2. Causes \_\_\_\_\_\_\_\_ deaths per \_\_\_\_\_\_\_
3. Mainstream smoke …..
4. Sidestream smoke……

Risks to unborn children

1. Smoking during \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can \_\_\_\_\_\_\_\_ unborn fetus
2. Higher risk of miscarriage, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ delivery, \_\_\_\_\_\_\_ birth \_\_\_\_\_\_\_\_\_, deformities, \_\_\_\_\_\_\_\_\_\_\_\_, and SIDS
3. After birth, risks for \_\_\_\_\_\_\_\_\_\_\_, ear \_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_ infections

Risks of ETS to young children

1. Higher incidence of \_\_\_\_\_\_\_ throat, ear \_\_\_\_\_\_\_\_\_\_\_\_\_ and respiratory problems
2. Can \_\_\_\_\_\_\_\_ lung \_\_\_\_\_\_\_\_\_\_\_\_\_\_