

Tobacco Unit Study Guide

Vocabulary:

- **Nicotine** - An addictive drug found in tobacco leaves & tobacco products.
- **Addictive** - a drug that is capable of causing the user to develop intense cravings.
- **Tar** - a dark, thick, sticky, liquid that forms when tobacco burns.
- **Cilia** - tiny hairlike structures that protect the lungs.
- **Carbon Monoxide** - colorless, odorless, poisonous gas that is produced when tobacco burns.
- **Addiction** - physical or psychological need for a drug.
- **Physical Dependence** - type of addiction in which the body feels a direct need for a drug.
- **Psychological Dependence** - type of addiction in which the mind sends a message to the body that it needs more of a drug.
- **Withdrawal** - symptoms that occur when someone stops using an addictive substance.
- **Secondhand Smoke** - air that has been contaminated by tobacco smoke.
- **Mainstream Smoke** - smoke that a smoker inhales and then exhales.

- Sidestream Smoke — Smoke given off by the burning end of a cigarette, cigar or pipe
- Nicotine Patch — a medication that allows tobacco users to give up tobacco right away while gradually cutting down on nicotine.
- Cold Turkey — Stopping all at ~~ones~~ once.

Types of tobacco and the risks associated with each.

- Cigarettes → emphysema, Lung and heart disease, cancer, infertility and stroke.
- Cigars and Pipe → Larger quantities of substances. Cancers of mouth, throat, and Larynx
- Smokeless Tobacco → Cancers of mouth, esophagus, Larynx, stomach, pancreas, stains teeth. and leads to gum disease.
- Specialty Cigarettes
↳ contain pure tobacco.
twice as much nicotine.

What are some consequences of smoking? (Social consequences or health consequences)

1. } Answers vary
2. }
3. } Cancer, heart disease, wrinkled skin

Smell like smoke, costly!
etc.

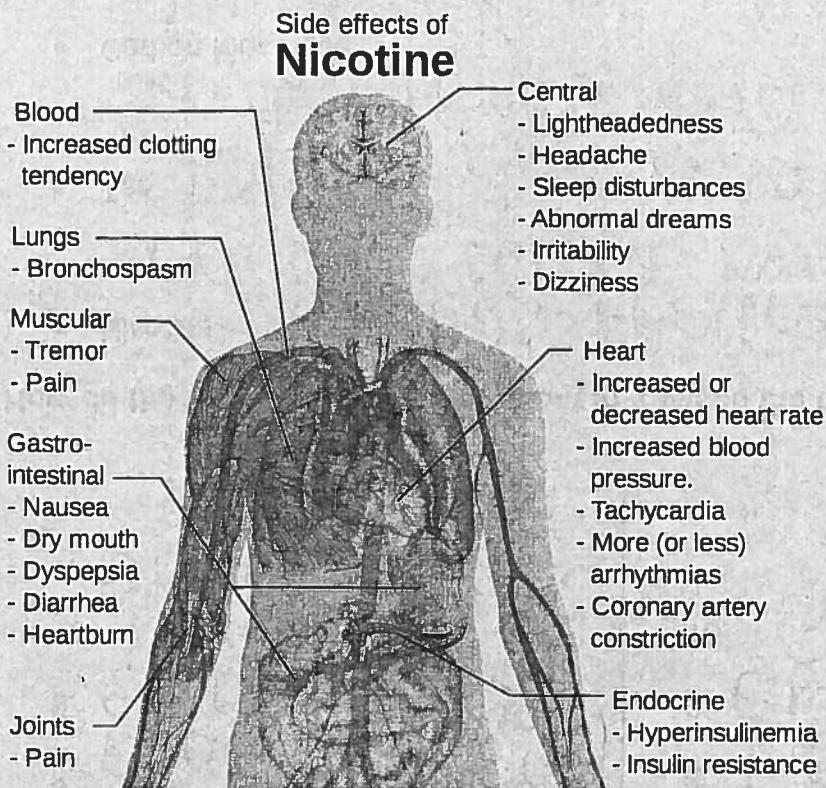
Why Some Teens Start to Use Tobacco

Internal Influences	External Influences
<ol style="list-style-type: none">1. Stress2. Weight3. Image4. Independence5. Peer acceptance	<ol style="list-style-type: none">1. Imitate Role Model2. Peers3. Entertainment (TV, Movie)4. Advertising5. Family members
Short-term Effects of Tobacco use	Long-term Effects of Tobacco use
<ol style="list-style-type: none">6. Withdrawal symptoms7. Headaches8. Reduced energy9. Shortness of breath10. Stained teeth	<ol style="list-style-type: none">6. Cancers7. Ulcers8. Heart disease9. Emphysema10. Stroke

How do the following effect ingredient in tobacco the human body?

- Nicotine - Creates feeling of stimulation and you want more.
- Tar Destroys air sacs, makes breathing difficult.
- Carbon Monoxide
Reduces oxygen, weakens muscles and blood vessels which lead to heart attack and stroke.

What body systems are damaged by tobacco and how?



How tobacco affects your body

Brain

Mouth

Heart

Lungs

Skin

Muscles

Nicotine, the drug that makes tobacco addictive, goes to your brain. It makes you feel good when you are smoking, but it can make you anxious, nervous, moody and depressed after you smoke. Using tobacco also can cause headaches and dizziness.

Tobacco stains your teeth and gives you bad breath. Tobacco ruins some of your taste buds, so you won't be able to taste your favorite foods as well.

Smoking increases your heart rate and blood pressure. If you try to do activities like exercise or play sports, your heart has to work harder to keep up.

Smokers have trouble breathing because smoking damages the lungs. If you have asthma, you can have more frequent and more serious attacks. Smoking causes a lot of coughing with phlegm (mucous). Tobacco can also increase emphysema (lung disease) and lung cancer.

Smoking causes dry, yellow skin and wrinkles. The smell sticks to your skin too.

Less blood and oxygen flow to your muscles, which causes them to hurt more when you exercise or play sports.

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← LOOK @ this specifically