Chapter 20: Tobacco

Lesson 1

Health Risks of Tobacco use

Main idea: All forms of tobacco contain chemicals that are dangerous to your health.

- All tobacco products display __________ ________ stating that using tobacco products can be ________
to an individual’s health.
- About ___% of adult smokers began as __________.
- Medical studies have shown that tobacco use is the ________ cause of ____________ death and ________ in the United States.

Nicotine

A ________ Drug- a substance that causes psychological and __________ ________ ________ ________.
A ________ - the ________ drug that is found in tobacco ________.
A ________ - a drug that __________ the action of the central ________ system, the ________, and other ________.
- Using nicotine raises ________, ________, and increases the ________ ________.

Poisonous substances in Tobacco smoke

- Tobacco is a ________ and ________ ________ drug.
- Tobacco smoke contains ___ and ________ ________. It also contains the same ________ compounds found in products such as ________, ________ poison, and ________ cleaner.
  > ________ - a ________-causing substance.
  ________ - a thick, ________, ________-fluid produced when tobacco ________.
- The tar damages a smoker’s ________ structures that line the upper ________ of the alveoli, or air ________, which absorb ________ and rid the body of ________ ________.
  ________ - a colorless, ________, and ________ gas, is another compound found in cigarette smoke.
- Carbon monoxide ________ the body’s tissues and cell’s of ________.

Pipes, Cigars, and Smokeless Tobacco

- The dangers of tobacco use are not ________ to smoking ________.
- One ________ can contain as much nicotine as an entire ________ of ___ cigarettes.
  - and cigar smokers also increase the risk of developing ________ of the ________, mouth, ________, larynx, ________, and esophagus.
  > ________ tobacco- tobacco that is ________ through the ___ held in the ________, or ________.
  - The harmful chemicals of ________ tobacco are ________ into the body at levels up to ________ times the amount of a single ________.
  > ________ - thickened, ________, ________-looking spots on the inside of the ________ that can develop into ________.
- Smokeless tobacco causes ________ of the ________, throat, larynx, ________, stomach, and ________.

Harmful Effects of Tobacco use

Main idea: Tobacco use causes both short-term and long-term damage to your body.

- Health ________ have ________ the public about the dangers of tobacco use for several ________.
- Some effects of tobacco use occur ____________.

Short-term effects

- ________ chemistry ________
- ________ and heart rate ________
- Taste ________ are ________ and ________ is reduced
- Users have bad ________, yellow ________, and smelly ________, ________, and ________
Long-term effects
- Chronic _______—bronchi become _______ and _______. Build-up of _____ in the ______,
  causing chronic _______ and excessive _______ secretion.
- _______—disease that _______ the tiny _______ sacs in the lungs. (may use up to _______% of _______
  their _______ just to _______.)
- Lung _______ (____% of lung _______ deaths are caused _______).
- Coronary heart _______ and _______. (Can lead to _______—arteriosclerosis.)
- A weakened _______ system

Other consequences of Tobacco use
-Making the decision to avoid the use of tobacco products will safeguard your health.
  • Cost to _______ (Tobacco related _______ cost the US about $____ billion each year.)
  • Cost to _______ (One _______ of cigarettes a day, you will spend about $_____, a year.)
  • _______ consequences (Selling illegally to _______; school _______/expulsion.)

Chapter 20 lesson 2- choosing to live tobacco-free

Main idea: fewer teens are starting to use tobacco

Why some teens are using tobacco
Teens start smoking for many reasons. Some teens _______ believe that smoking will help _______ their _______ or ______ with _______. Others believe that smoking will make them seem _______ and _______. The truth is that smoking reduces the body's capacity for _______ _______, so it actually may lead to _______. _______ may also influence teens to smoke.

Reduced tobacco use among teens
More teens recognize the _______ of tobacco use and are _______ the use of tobacco products. The CDC reports that _______ percent of high school students nationwide do not _______. This number is up from _______ percent just a few years ago. Several factors contribute to this trend:
  • Tobacco _______. In 1998, tobacco companies and 46 states reached a legal _______ that _______ tobacco _______ at young people. Tobacco companies are required to _______ ads that _______ young people from _______. It is _______ for anyone under the age of _______ to _______ tobacco _______ in the United States.
  • No-smoking _______. Legislation has _______ smoking in _______ places and _______.
  • Family _______. Teens whose _______ avoid _______ use are _______ likely to avoid tobacco use _______.
  • _______ peer pressure. _______ who do not smoke act as _______ role _______ for other teens.
  • Health _______. More teens _______ that tobacco use can _______ to diseases, such as _______ disease, _______ and _______.

Benefits of Living Tobacco-Free
Main idea: a tobacco free life has many benefits.
The best way to _______ the _______ consequences of tobacco use is never to _______ using tobacco products.

Strategies for Avoiding Tobacco:
  • _______ yourself with _______ influences.
  • _______ peer _______. (Stay away from _______ where tobacco products may be _______)
  • Be _______ with _______ skills. (Be _______, _______ if necessary, and be _______)

Quitting Tobacco Use
Main idea: there are good reasons for quitting tobacco use.
Teens who use tobacco give these reasons for quitting:
- ___________ problems (___________, coughing, ___________ infections).
- ___________ the high _____ or have trouble ___________ them.
- ___________ that tobacco can lead to other _______ and ___________ use.
- ___________ that ___________ smoke can _______ others.
- ___________ because they are not _______ by an ___________.

Ending the Addiction Cycle
- **Nicotine** — the _______ that occurs in the ____ when this _______ drug is no longer _______.
Symptoms include: ___________, difficulty ___________, anxiety, _______ disturbances, and _______ for tobacco.
- **Nicotine** — _______ that deliver _______ amounts of _______ into the user’s _______ while he/she is trying to _______ up the tobacco habit. (____ patches, ______ sprays, inhalers)

Getting help to quit tobacco use
- Prepare for the _____ day (Set a _______ _______).
- Get _______ and _______. (from _______ and friends)
- Access _______ health _______. Advice from a _______, or enroll in a _______ ___________ — a course that provides _______ and _______ to people who want to _______ using tobacco.
- Replace _______ use with _______ behaviors.

Chapter 20 Lesson 3
Promoting a Smoke-Free Environment

---

Health Risks of Tobacco Smoke

*Main Idea:* Tobacco smoke can harm nonsmokers.

- The health effects of tobacco _______ affects _______ and _______.
- Nonsmokers who breathe _____ containing tobacco _______ are also at _____ for health problems.
- _______ Tobacco (ETS) — also known as _______ smoke, is air that is _______ by tobacco smoke.
- ETS contains _______ smoke, which is the smoke _______ from a smoker’s _______. It also contains _______ smoke, which is the smoke being produced from the _______ end of a _______, _______, or _______
- _______ smoke is more _______ than _______ smoke.
- ETS contains more than _______ chemical _______ from cigarettes, cigars, and pipes. More than _____ of those chemical compounds are _______ causing _______.
- Studies show that young _______ that are exposed to _______ are more likely to develop _______ rather than children that are not.

Health Risks to Nonsmokers

- Secondhand smoke causes about _______ deaths from lung _______ each _______.
- Secondhand smoke also causes _______ irritation, _______ _______ infections, _______, worsens _______, and increases the chances of getting _______ disease.
Health Risks to Unborn Children and Infants

- Choosing to be tobacco ______ is a very healthy choice a ______ female can make for her ______. Smoking during ______ can ______ harm the ______.
- This increases the risks of impaired fetal ______, spontaneous ______ and prenatal ______, ______ delivery, low birth ______, deformities, and ______.
- The infant may also suffer from ______ and ______ problems in early ______.
- Babies of mother who smoked during pregnancy of who are exposed to ETS are more likely to die of ______ infant ______ syndrome, or ______. They may have severe asthma ______, ______ infections, or ______ tract infections.

Health Risk to Young Children

- Young children are particularly ______ to ______.
- Children of ______ are more likely to have ______ health than children of ______.
- Children of smokers tend to have ______ sore ______, ear infections, and ______ respiratory problems.
- Secondhand smoke can slow ______ ______.
- The children of smokers are ______ as likely to be ______ themselves.

Reducing Your Risks

Main Idea: You can take action to reduce the effects of ETS.

- Since you spend so much time in your ______, you can make an effort to ______ the health effects of ______.
- If someone in your _______ smokes, _______ that person to _______ by telling them the _______ effects of smoking.
- Set smoking _______ in your _______. For example, set certain _______ in your house where your family members _______ and _______ smoke.
- If you have _______ at your house that smoke, ask them kindly only to _______ in a certain _______ or go _______.
- _______ your _______ wherever you can for a smoke-______ environment.

Creating a Smoke-Free Society

Main Idea: In most states, it is illegal to sell tobacco to teens under the age of 18, and it is illegal to smoke in public places.

- When a smoker chooses to ______, that person makes a _______ that effects there health and the health of _______.
- The only way to fully _______ people from the _______ health effects of ETS is to _______ smoking in _______ places.

Supporting National Health Goals

- The United States is trying to create a smoke-______ _______. One of the goals in Healthy People 2010 is to _______ tobacco _______ and the _______ of tobacco-related _______.
- Many _______ have now _______ smoking in _______ places.