

Vocabulary

- Addiction – A strong physical or psychological craving for a substance despite its harmful effects
- Arsenic – One of the many poisons found in tobacco, used in rat poison
- Atherosclerosis – The hardening of the arteries that can lead to a stroke or heart attack
- Bronchitis – Swelling of the bronchi, or breathing tubes in the lungs, which can cause coughing and soreness
- Cancer – Serious, often deadly disease that causes the body's cells to mutate and grow out of control
- Circulation – The rate of blood flow through the body, smoking causes it to quickly decrease
- Emphysema – An illness in the lungs which causes the air sacs to expand and lose their elasticity
- Hairy Tongue – Growths of elongated and discolored papillae that is caused by prolonged, regular use of chewing tobacco. Over time the tongue's papillae can grow to a point where look as though they hair.
- Leukoplakia – Precancerous cells in the mouth that can be cause by chewing tobacco
- Second Hand Smoke – Smoke that a non-smoker breathes from that comes from a smoker's cigarette
- Tobacco – A plant whose leaves are used to make cigarettes, snuff and chew

Cigarettes

The three most damaging chemicals in cigarettes are tar, nicotine and carbon monoxide. Know the following facts about each of these chemicals:

1. Tar
 - a. Damages lung tissue
 - b. Main cancer causing agent in cigarettes
 2. Nicotine
 - a. A very addictive drug that makes it hard for a person to quit smoking
 - b. A deadly poison found in tobacco leaves
 - c. Absorbed through the lungs and the mouth
 - d. A powerful stimulant (speeds up body functions)
 - e. Narrows the blood vessels which forces the heart to work harder to pump the blood throughout the body
 3. Carbon Monoxide
 - a. Replaces the needed oxygen in red blood cells depriving the body of oxygen
 - b. A waste product of cigarette smoke, automobile exhaust and unvented kerosene heaters
- Cigarette smoking is the largest, preventable cause of illness and premature death in the country.
 - Cigarette smoking is the major single cause of cancer deaths in the United States, and is responsible for more deaths than all other drugs combined.
 - It is estimated that for each cigarette a smoker uses approximately 8 minutes is lost from their expected lifespan.
 - A person who regularly smokes cigarettes is likely to spend thousands of dollars on cigarettes in their lifetime.
 - When a person quits smoking their body can begin to repair/heal itself of some of the short term side effects that were a result of that person's smoking habit.
 - Inhaling second hand smoke is harmful to one's body.
 - A pregnant woman who smokes cigarettes can cause harm to her unborn child.

Know the different short term and long term effects smoking has on the body.

Short Term Effects Associated with Smoking

Skin wrinkles
Lose of taste and smell
Hair and clothes smell like smoke
Bad breath
Sore throat
Heart needs to pump harder
Teeth and fingers become stained
Lungs receive less oxygen

Long Term Effects Associated with Smoking

Heart Disease

1. Heart attack and stroke
2. More prone to develop dangerous blood clots and poor circulation

Cancer

1. Lung Cancer
2. Oral Cancer
3. Cancer of the Throat and Esophagus

Emphysema

Chronic Bronchitis

(And many more)

Smokeless Tobacco

- Smokeless tobacco is placed between a person's gums and lips so the nicotine can be absorbed through the tissues in the mouth.
- Smokeless tobacco is not a safe alternative to smoking cigarettes.
- The largest users of smokeless tobacco are MALES between the ages of 18-24.
- There is no safe alternative when it comes to using tobacco products: filtered cigarettes, unfiltered cigarettes, and smokeless tobacco are all bad for you.

Health Effects Associated with the Use of Chewing Tobacco

1. Cancer
 - a. Smokeless tobacco contains 28 cancer-causing agents (carcinogens).
 - b. Smokeless tobacco is a known cause of human cancer; it increases the risk of developing cancer of the oral cavity.
2. Oral Health
 - a. Smokeless tobacco is also strongly associated with leukoplakia—a precancerous lesion of the soft tissue in the mouth that consists of a white patch or plaque that cannot be scraped off.
 - b. Smokeless tobacco is associated with recession of the gums, gum disease, and tooth decay.
3. Nicotine Addiction
 - a. Smokeless tobacco use can lead to nicotine addiction and dependence.
 - b. Adolescents who use smokeless tobacco are more likely to become cigarette smokers.