Chapter 20 Lesson 1

**Chemicals of Tobacco**:

* \_\_\_\_\_\_\_\_\_\_\_- solid materials in tobacco smoke that condenses into a thick liquid
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- addictive chemical found in tobacco

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: changes a person’s mood and behavior

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- poisonous gas released by burning tobacco

**Short Term Effects**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Chemistry Changes
* Respiration and Heart Rate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Taste Buds are dulled and appetite are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Users have bad breath, yellowed teeth, and smelly hair, skin, and clothes.
	+ Can become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Long Term Effects**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-cilia in bronchi become damaged and useless which leads to buildup of tar in lungs, causing chronic coughing and mucus secretion.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-destroys tiny air sacs which become less elastic. Smoker can use up to 80% of energy just to breathe.
* Lung Cancer-\_\_\_\_\_\_\_\_\_\_\_\_\_ % of lung cancer deaths are caused by smoking.
* Coronary heart disease & stroke caused by nicotine which \_\_\_\_\_\_\_\_\_\_\_\_\_\_ blood vessels, arteriosclerosis, or atherosclerosis.

**Long Term Effects - Diseases**

* Cancer
* Respiratory Disease
* Chronic Bronchitis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of bronchial tubes in the lungs and the production excessive mucus
* Emphysema: tiny air sacs in the lungs are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Cardiovascular Disease
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ immune system

**Smokeless Tobacco Dangers**

* Suffer mouth, tongue, throat, and lip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-
* Causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– thickened white spots on the inside of the mouth that can develop into cancer

**Smokeless Tobacco examples**:

* Chewing Tobacco- placed between a person’s cheek and gum to release juice that contain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- ground tobacco that is inhaled through the nose or placed in the cheek

**Passive, Sidestream, Mainstream Smoking**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ smoking: smoke in directly inhaled to the smoker
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_smoking: rises from the cigarette when the smoker isn’t smoking (75% of smoke comes from a burning cigarette)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Smoker: a person who inhales the sidestream smoke

**Other Consequences of Tobacco Use:**

* Costs to Society – Tobacco related illnesses cost United States $\_\_\_\_\_\_\_\_\_Billion each year & productivity suffers from smokers calling in sick.
* Cost to individuals – 1 pack a day costs $\_\_\_\_\_\_\_\_\_\_\_\_\_ a year
* Legal consequences?

**Chapter 20 Lesson 2 – Living Tobacco Free**

**Reasons not to use tobacco**:

* It’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* It’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* It leaves an unpleasant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* It’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Why is tobacco use down?**

* Tobacco legislation – \_\_\_\_\_\_\_\_\_\_\_\_\_ tobacco companies & 48 states reached legal settlement: restrict tobacco advertising aimed at young people, fund ads that discourage smoking, illegal under 18 to purchase tobacco products.
* No smoking policies
* Family values
* Positive peer pressure
* Health Risks