

Tobacco

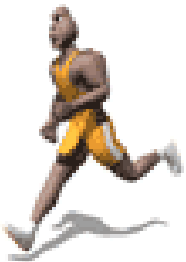
Pages 538-559



The Effects of Tobacco

pp. 540-545

More and more people are choosing to be tobacco-free than ever before!



Tobacco Use = Serious Health Risks!

- #1 cause of preventable disease and death in the U.S.
- Every single day teens chose to start smoking, dipping or chewing!
- People think they can quit whenever, but it is VERY addicting.
- It is a treatable addiction.

NICOTINE



- Addictive Drug- Drug that causes a physiological or psychological dependence
- Nicotine- addictive drug found in tobacco
- Stimulant- drug that increases the activity of the central nervous system, heart, and other organs.

Cigarette Smoke

- Second-hand smoke is a Group A carcinogen (cancer-causing agent). It is the most dangerous!

Tar and Carbon Monoxide

- Tar- a thick, sticky, dark fluid produced when tobacco burns.
 - Kills Cilia, kills lung tissue, and damages alveoli.

Carbon Monoxide- colorless, odorless, poisonous gas that replaces O₂ in the blood

Pipes and Cigars

- Pipe and Cigars have more tar and carbon monoxide than cigarettes!
- Increase risk of lip, mouth, and throat cancer.

Smokeless Tobacco

- Smokeless Tobacco- sniffed through the nose, held in the mouth, or chewed.
- 2-3 times more nicotine than cigarettes
- Leukoplakia- thickened, white-leathery looking spots on the mouth that can develop into oral cancer.
- Cancer of mouth, throat, stomach, and pancreas are more likely.

Short-term effects

- Change brain chemistry- brain craves nicotine
- Increased respiration and heart rate
- Dulled taste buds and reduced appetite
- Bad breath, smelly hair, smelly clothes, and smelly skin!

Long-term effects

- Chronic bronchitis- inflammation of bronchial tubes in the lungs
- Emphysema- destroyed air sacs in the lungs where air exchange occurs
- Lung Cancer
- Coronary Heart Disease and Stroke!



Other Consequences



- Legal Consequences- Illegal for people under 18 to buy or possess cigarettes
- Social Consequences- second-hand smoke is offensive
- Financial Consequences- They are expensive! \$5.00/pack here...\$10.00/pack in Chicago! 97 Billion/year treating the illnesses from Cigarettes!