

Open Ended Question

Pull out a sheet of paper and prepare a list with two columns. First column: List reasons why you think a person might want to start smoking. Second column: List reasons why a person might decide not to start smoking.



TOBACCO: A HARMFUL DRUG

Tobacco: A Harmful Drug

- **Identify** how tobacco damages your health.
- **Explain** how tobacco leads to addiction.
- **Practice** the skill of advocacy to inform others about the dangers of tobacco use.

Vocabulary

- **Nicotine**
- **Carbon Monoxide**
- **Tar**
- **Addiction**
- **Emphysema**
- **Snuff**

Cigarette



Nicotine


- **Nicotine:** An addictive drug found in tobacco that speeds up the heartbeat and affects the central nervous system. *(CNS) Brain + Spinal cord*
- Nicotine narrows blood vessels to and from the heart.
- Nicotine is also found in insect spray.

Tar

- **Tar:** a thick, oily dark liquid that forms when tobacco burns.
- If tar is allowed to build up in the lungs, breathing problems and lung disease can result.



<https://www.youtube.com/embed/99SNU-rZ6Ik>

 metacafe

Carbon Monoxide

- **Carbon Monoxide:** a poisonous, odorless gas produced when tobacco burns.
- Carbon Monoxide attaches to red blood cells, preventing them from carrying a full load of oxygen.
- Carbon Monoxide is also found in car exhaust.

Addiction

- **Addiction:** the physical or mental need for a drug or other substance.
- Breaking an addiction to nicotine can be extremely difficult.
- People who try to break their addiction may experience shakiness, headache, nervousness, and sleeping problems.

Quiz

Nicotine is an addictive drug found in tobacco that speeds up the heartbeat and affects the Circulatory System.

True

False

This is poisonous, odorless gas produced when tobacco burns.

- oxygen
- carbon monoxide
- nitrogen

Tar is a thick, oily dark liquid that forms when tobacco burns.

True

False

Respiratory System

- Tobacco smokers have an increased risk of developing **emphysema**. Smokers are also between 12 and 22 times more likely than nonsmokers to develop lung cancer.

Activity

Pass out straws.

Jog in place for one to two minutes.

Breathe through the straws for just a few moments.

Then after inhale the normal way and exhale only through the straw

Emphysema

- **Emphysema:** a disease that occurs when the tiny air sacs in the lungs (alveoli) lose their elasticity, or ability to stretch.
- Breathing in tobacco damages the alveoli.
- Nicotine use is linked to heart and lung disease including cancer and emphysema.
- Teens who smoke find it harder to play sports and stay physically active.

Harmful Effects

- Tobacco has a harmful effect on many parts of the body .
 - **Ears:** Affects the nerves and blood vessels in the ears and can lead to hearing loss.
 - **Eyes:** Causes the eyes to become red and may lead to loss of eyesight.
 - **Skin:** Causes the temperature in your skin to drop – this causes WRINKLES on the face to appear quickly!!!
 - **Lungs:** Smoking makes it harder to breathe normally which makes it harder for you to do well in sports.
 - **Heart:** Closes off blood vessels making the heart work harder to pump blood through them.
 - **Mouth:** Harms the skin covering the lips, tongue and throat – this can lead to a loss of taste! Heavy coughing, rotting teeth, bad breath and mouth infections can also occur from smoking.
 - **Nose:** A decrease in the ability to smell.

Forms of Tobacco

- **Snuff:** finely ground tobacco that is inhaled or held in the cheeks.
- Tobacco can also be brought into the body through e cigarettes, cigars, pipes, chewing tobacco, hookah, and snuff.
- Smokeless tobacco products are also habit-forming and are not safe alternatives to cigarettes.

Effects of Smokeless Tobacco

- White spots on your gums and inside your cheeks that can turn into oral cancer
- Bad Breath
- Stains on teeth
- Cavities
- Gum disease

Quiz

Tobacco can also be brought into the body through e cigarettes, cigars, pipes, chewing tobacco, hookah, and snuff.

- e cigarettes
- snuff
- hookah
- cigars
- all of the above

Nicotine use is linked to heart and lung disease including cancer and emphysema.

True

False

Which of the following is not true about addiction?

- Breaking an addiction to nicotine can be fairly easy.
- It is the physical or mental need for a drug or other substance
- People who try to break their addiction may experience shakiness and headaches

Electronic Cigarettes

- What are electronic cigarettes?
 - Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn chemicals, including highly addictive nicotine, into an aerosol that is inhaled by the user.

Evolution of E Cigarettes



E Cigarettes

E-cigarettes have not been fully studied, so consumers currently don't know:

- the potential risks of e-cigarettes when used as intended,
- how much nicotine or other potentially harmful chemicals are being inhaled during use, or
- whether there are any benefits associated with using these products.

Adverse Events

- Pneumonia
- Congestive Heart Failure
- Disorientation
- Seizure
- Hypotension
- Other Health Problems