**Chapter 13**

**Tobacco**

1. Dangerous Chemicals in Tobacco
2. Nicotine – Addictive drug found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ leaves and in all tobacco products.
3. Addictive – Intense cravings where the person has to do the drug \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ again.
4. Tar – Thick, oily, dark \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that forms when tobacco burns.
5. Different Tobacco Products
6. Cigarettes – Most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ used product.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ cigarette smokers die from smoking-related illness every year.
8. Cigars
9. Large cigar contains as much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a pack of cigarettes.
10. Higher risk of developing cancer of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and throat.
11. Greater risk of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disease.
12. Pipes
13. Usually inhales less than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ smokers.
14. Still at risk of developing cancer of the lip, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and throat.
15. Specialty Cigarettes
16. Bidis – Flavored \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cigarettes imported from India and other countries in Southeast Asia.
17. Kretkes - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cigarettes. Contains a mixture of tobacco, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and other additives.
18. Both can have higher concentrations of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, tar, and carbon monoxide than regular cigarettes.
19. Smokeless Tobacco – Ground tobacco that is chewed or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ through the nose.
20. Contains \_\_\_\_\_\_\_\_\_ times more nicotine than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
21. Can lead to cancers of the mouth, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, larynx, stomach, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
22. Effects on the Respiratory System
23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Cancer causing agents.
24. Chronic Obstructive Pulmonary Disease (\_\_\_\_\_\_\_\_\_\_\_\_\_\_) – A condition, in which passages in the lungs become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and irritated, eventually loses their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
25. This condition includes chronic bronchitis, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and emphysema.
26. In the U.S. COPD causes over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ deaths per year.
27. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of these deaths are linked to smoking.
28. Cancer
29. In the United States cigarette smoking is thought to be responsible for \_\_\_\_\_\_\_\_\_\_\_\_ of the cancer cases.
30. The American Cancer Society estimates that cigarette smoking causes \_\_\_\_\_\_\_\_\_\_\_\_\_ of the lung cancer cases.
31. Cardiovascular Disease – A Disease of the heart and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
32. Long-term smoking increases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ levels and contributes to arteriosclerosis.
33. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is hardening of the arteries.
34. Addiction
35. Tolerance – Process in which the body itself feels a direct \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for a drug to get the same effect.
36. Physical Dependence – Type of addiction in which the body itself feels a direct \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for a drug.
37. This is a craving.
38. Psychological Dependence – An addiction in which the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sends the body a message that it needs more of a drug.
39. This is when people will say they only smoke when they drink.
40. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the people who start smoking become addicted.
41. More than \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of all teens who ever try one cigarette become regular daily smokers before leaving high school.
42. Stopping the Use
43. Withdrawal – Physical and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ reactions that occur when someone stops using an addictive substance.
44. Physical symptoms of withdrawal – Headaches, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, increased hunger, and jittery restless feeling.
45. Psychological symptoms of withdrawal – Irritability, sudden \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for tobacco, and difficulty falling asleep.
46. Tobacco Costs
47. Average smoker will smoke a pack and a half a day.
48. \_\_\_\_\_\_\_\_\_\_\_\_\_ spent on tobacco a day.
49. \_\_\_\_\_\_\_\_\_\_\_\_\_ a month.
50. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in ten year’s time.
51. Pg 321 Ohio $1.25 excise tax.
52. Health Insurance - $157 billion is spent on health care costs related to tobacco use.
53. Costs to nonsmokers
54. Secondhand smoke – Environmental tobacco smoke (ETS)
55. ETS is a mixture of two forms of smoke from burning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ products…side stream and mainstream smoke.
56. Dangers to non-smokers
57. Each year between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and 300,000 infants and toddlers develop pneumonia or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from second hand smoke.
58. Of these \_\_\_\_\_\_\_\_\_\_\_ need to be hospitalized.
59. Being Smoke Free
60. Choose positive Role Models
61. Don’t give into peer pressure.
62. \_\_\_\_\_\_\_\_\_\_\_\_ hang around friends who smoke.