

Tobacco Review

1. How does smoking harm the process of breathing? _____

blocks bronchial tubes

2. Smoking destroys the Alveoli in the lungs. This is a long-term effect.

3. Chewing tobacco is NOT safer than smoking. It increases the risks of mouth and throat cancer more than tobacco. Although nicotine is not inhaled in the lungs, chewing tobacco is still addictive.

4. Nicotine causes a physical dependency. When someone tries to quit it can cause withdrawal symptoms? What symptoms did Curtis have when he didn't smoke for awhile? Nervous, cold symptoms

weak, mouth, lungs, throat

5. People are more likely to smoke if they have friend who also smoke.

6. What is the single greatest risk factor for lung cancer? Smoking

7. Which substance in tobacco is addictive? Nicotine

8. How many chemicals are in a cigarette? 4,000

9. What is a carcinogen? CAUSES CANCER

10. How many ingredients in cigarettes are carcinogens? 40

11. What is a short term effect of smoking? Halitosis

_____ A long
term effect? lung cancer

12. Nicotine is considered a stimulant, why? increases heart rate
blood pressure

13. How old must a person be to legally purchase tobacco products in the U.S?
18

14. If you know someone who smokes what is the best way to help them?

Help them stop.