**Tobacco**

**The truth about tobacco**

**The basics**

* There is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of exposure to tobacco smoke.
* Damage from tobacco smoke is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The chemicals in tobacco reach your lungs quickly, and are carried through your blood stream to every organ in your body.

**The basics**

* Cigarettes are designed for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* There is no \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cigarette. Evidence indicates that "light" and "low-tar" cigarettes are just as bad as their "normal" counterparts

**The health effects**

* Tobacco smoke damages blood vessels and thickens your blood, making it more likely to clot, leading to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**,** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, and even sudden death**.
* Smoking tobacco has many highly-noticeable effects, such as the infamous "smoker's breath", tar-stained teeth, yellowed fingertips, premature facial wrinkles, and a lingering stench.
* Can also cause hair loss

**The health effects**

* Tobacco smoke inflames the delicate lining of your lungs, and can cause permanent damage, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Tobacco smoke weakens your immune system, making it harder to fight off infectious disease.
* The toxicants and chemicals in tobacco smoke damage your DNA, which can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Smoking cigarettes causes impaired lung growth during childhood and adolescence

***Puts children at higher risk for illnesses and infection***

**The brain effects**

* Nicotine reaches your brain within 10 seconds of inhalation.
* The powerful addicting elements of tobacco products affect multiple types of nicotine receptors in the brain.
* Adolescents who smoke show impaired memory and other brain functions.
* Kids and young adults are more susceptible to nicotine, and are more easily addicted than adults.
* The neurotoxic effects of nicotine are more severe for adolescent and their developing brains.
* Smoking is "more addictive" to younger brains.
* In animal trials, nicotine exposure during the brain's growth spurt had long term consequences for brain development.

**3 main chemicals**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** a poisonous drug stimulant that acts on the adrenal glands, heart and brain.

* + - * + Increases heart rate and blood pressure
				+ Is very addictive

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** a thick, dark, sticky liquid added for “flavor”

* + - * + Contains hundreds of carcinogens (cause cancer)
				+ Coats cilia, impairing lung function

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** a colorless, odorless, poisonous gas.

* + - * + Prevents hemoglobin from carrying oxygen to the cells

**Chewing tobacco**

* **Delays healing of wounds**
* **Increases gum and tooth decay**
* **Risk of oral cancers is 50% times greater**
* **Increases chance of lip cancer**
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(a callus in the mouth) – a thick white, leathery patch. Pre-cancerous**

**Don’t smoke any cigarettes.**

* + - Each cigarette you smoke damages your lungs, your blood vessels, and cells throughout your body.
		- Even occasional smoking is harmful.

**Write down why you want to quit.** Do you want to—

* + - Feel in control of your life?
		- Have better health?
		- Set a good example?
		- Protect your family from breathing other people’s smoke?
		- Really wanting to quit smoking is very important to how much success you will have in quitting.

**Know that it will take commitment and effort to quit smoking**.

* + - Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Nicotine is addictive. Knowing this will help you deal with withdrawal symptoms that can occur, such as bad moods and really wanting to smoke.

**There are many ways smokers quit**

* + - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		- Medications (simulate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
		- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_strategies (identify triggers, avoid tempting situations and manage feelings with response substitutions)