Tobacco Notes

**What’s in Tobacco?**

Tobacco contains many harmful chemicals.

It is a drug that speeds up your heart rate and affects the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_ is the chemical that that causes addiction. (Also found in gardening and insect sprays)

**What’s in Tobacco?**

Tobacco smoke also contains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Carbon monoxide is a poisonous and \_\_\_\_\_\_\_\_\_\_\_ gas that is produced when tobacco \_\_\_\_\_\_\_.

Tar is another substance. It is a thick and oily substance that is produced when tobacco burns.

**Quiz! (True/False)**

* Smokers have death rates that are two to three times higher than non-smokers.
* Smoking is the number one cause of lung cancer.
* Smoking is the only harmful way of using tobacco.
* Most tobacco users start before age 18.
* You absorb nicotine through your skin, through the lining of your mouth and nose, & by inhaling it.
* If you breathe second-hand smoke, it will not hurt you.

**How Tobacco Harms the Body**

Over time tobacco use can cause very serious health concerns.

Long-term \_\_\_\_\_\_\_\_\_\_\_\_\_\_ use is linked to heart and lung disease.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a disease that occurs when tiny air sacs in the lungs lose their elasticity.

**Other forms of Tobacco**

Cigarettes aren’t the only form of tobacco delivery.

* Cigars
* Pipes
* Flavored cigarettes
* Snuff- finely ground tobacco that is inhaled or held in the mouth and cheeks.

**Addiction**

Addiction is the body’s \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ need for a drug or other substance. (Uncontrollable craving)

Quitting smoking is extremely difficult but is possible with a well thought out plan and support!