

Chapter 16: Tobacco

16.1 Teens and Tobacco

The influence of _____, _____, and the _____ greatly influence whether someone starts to use tobacco.

_____ is the addictive chemical found in tobacco plants.

Types of Tobacco:

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-
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16.2 Chemicals in Tobacco Products

Nicotine is a _____ that increase the activity of the nervous system.

Short-Term effects of Nicotine:

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-

Describe nicotine addiction:

Describe psychological dependence:

Symptoms of Withdrawal:

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-
-
-
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Chemicals in Tobacco:

Tar -

Carbon Monoxide -

**There are over _____ chemicals in tobacco. _____ of them are
poisons and _____ of them are carcinogens. Carcinogens are _____ -
_____ agents.**

Smokeless tobacco:

16.3 Long Term Risks

Respiratory Infections:

- Cilia are damaged
- Linings of the airways are irritated by toxins

Smoking also leads to:

- Stomach ulcers

- Increased cold and flu
- Slower recovery from injuries
- Increased allergies and asthma
- Constant runny nose
- Frequent headaches
- Dulled senses
- Premature wrinkles

COPD

Chronic Bronchitis

Emphysema

Cardiovascular Diseases

Cancer

Lung Cancer

Oral Cancers

Other Cancers

Secondhand Smoke

Mainstream –

Sidestream –

Smoking and Pregnancy