

UNIT 6

CHAPTER 21

THE EFFECTS OF TOBACCO USE

Exploring Health Terms

DIRECTIONS: Select the term that best completes the statement.

Addictive Drug	Leukoplakia	Nicotine Substitute	Smokless Tobacco
Carbon Monoxide	Mainstream Smoke	Nicotine Withdrawal	Stimulant
Carcinogen	Nicotine	Sidestream Smoke	Tar
	Environmental Tobacco Smoke (ETS)		

1. _____ The Addictive Drug In Tobacco.
2. _____ A Drug that increases the action of the central nervous system, the heart, and other organs.
3. _____ A cancer-causing substance.
4. _____ A thick, dark fluid produced when tobacco burns.
5. _____ Is the process that occurs in the body when nicotine is no longer used.
6. _____ This can be used to ease the side effects associated with the process of withdrawal.
7. _____ This is another name for secondhand smoke.
8. _____ This is the smoke exhaled from the lungs of the smoker.
9. _____ Tobacco smoke from the burnt end of a cigarette, pipe or cigar.

Recalling The Facts

DIRECTIONS: Using complete sentences, answer the following questions.

LESSON 1

1. What effects does tar in cigarette smoke have on the respiratory system?
2. What effects does carbon monoxide have on the body?
3. How does tobacco use harm the digestive and excretory systems?
4. How does smoking lead to lung cancer?

LESSON 2

5. How do tobacco companies encourage teen tobacco use?
6. List two refusal skills you can use to say no to tobacco.
7. What are some reasons why teens stop using tobacco?
8. Identify three sources of help for people who want to quit tobacco use.

LESSON 3

9. List three health problems associated with environmental tobacco smoke.
10. How does ETS harm infants and young children?
11. How do state laws discourage teen smoking?
12. Describe the goals of Healthy People 2010 that relate to tobacco use.