

Today's Agenda: 11/10/14

1. Students will make foldable for notes over Tobacco.
2. **TO: Describe the harmful substances contained in tobacco and in tobacco smoke.**



The Effects of Tobacco Use

Why should you avoid cigarettes?

Cigarettes contain 43 known carcinogens, including cyanide, formaldehyde, and arsenic.

They also contain poisonous chemicals used in insecticides, paint, toilet cleaners, antifreeze, and explosives.



Lesson Objectives

In this lesson, you'll learn to:

- **Describe** the harmful substances contained in tobacco and in tobacco smoke.
- **Examine** the harmful effects of tobacco use on body systems.
- **Analyze** the harmful effects of tobacco, such as physical, mental, social, and legal consequences.



Tobacco Use—A Serious Health Risk

Nicotine

- One of the reasons that tobacco users find it difficult to quit is that tobacco contains an addictive drug (causes physiological and psychological dependence).
- All tobacco products contain nicotine (an addictive drug).
- Nicotine is classified as a stimulant (increase action of heart, central nervous system, and other organs).
- It raises blood pressure, increases heart rate, and contributes to heart disease and stroke.



Cigarette Smoke—A Toxic Mixture

Toxic Tobacco

- Not only is tobacco addictive, but the smoke from burning tobacco is toxic.
- In 1992 the Environmental Protection Agency classified environmental tobacco smoke, or secondhand smoke, as a Group A carcinogen (cancer causing substance).
- Other compounds in tobacco smoke are tar (thick, sticky dark fluid produced as tobacco burns) and carbon monoxide.



Cigarette Smoke—A Toxic Mixture

Tar

- Tar penetrates the smoker's respiratory system and **destroys cilia that line the upper airways and protect against infection.**
- It **damages** the alveoli, or **air sacs, which absorb oxygen** and rid the body of carbon dioxide.
- It also destroys lung tissue, making the lungs less able to function.



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Cigarette Smoke—A Toxic Mixture

Carbon Monoxide

- Carbon monoxide **replaces oxygen in the blood**, thereby depriving the tissues and cells of oxygen.
- It also **increases the risk of high blood pressure, heart disease, and hardening of the arteries.**



Harmful Effects of Pipes and Cigars

Cigars

- Cigars contain significantly more nicotine and produce more tar and carbon monoxide than cigarettes do.
- One cigar can contain as much nicotine as a pack of cigarettes.
- Pipe and cigar smokers have an increased risk of developing cancers of the lip, mouth, and throat.



Harmful Effects of Smokeless Tobacco

Why You Shouldn't Use Smokeless Tobacco

Smokeless tobacco (sniffed through nose, held in mouth, or chewed) delivers both nicotine and carcinogens to the body at two to three times the amount delivered by a single cigarette.

- Smokeless tobacco irritates the mouth's sensitive tissues, causing leukoplakia (thick, white, leathery spots in mouth that can turn into oral cancer).
- Cancers of the throat, larynx, esophagus, stomach, and pancreas are also more common among users of smokeless tobacco.



