Warm-up: 11/17/2014

1. What are Bronchi?

2. What is chronic bronchitis and what can it lead to if it worsens?

3. What are two short-term affects of tobacco use?

4. What anatomical changes lead to coronary heart disease and/or stroke?

5. What is the difference between coronary heart disease and a stroke?

TO: How has public awareness about the harmful effects of tobacco helped?

As more and more people become aware of the harmful effects of tobacco, efforts to curb tobacco use in public places are gaining ground.

In this lesson, you'll learn to:

- **Analyze** the harmful effects of tobacco on the fetus, as well as on infants and young children.

- **Analyze** the influence of laws, policies, and practices on preventing tobacco-related disease.

- **Relate** the nation's health goals and objectives for reducing tobacco-related illnesses to individual, family, and community health.

Tobacco Smoke and Health Problems

- Both smokers and nonsmokers who breathe air containing tobacco smoke are at risk for health problems.

- **Environmental tobacco smoke (ETS) is composed of mainstream smoke and sidestream smoke.**

Ill Effects of Secondhand Smoke

- ETS affects people of all ages, causing **eye irritation, headaches, ear infections, and coughing.**

- It **worsens asthma** conditions and other respiratory problems.

- Every year 3,000 people are diagnosed with **lung cancer caused by secondhand smoke.**
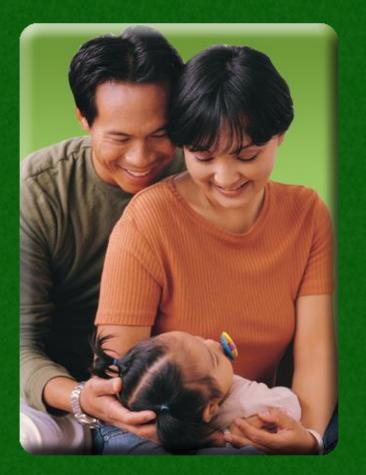
Effects of Smoke on Unborn Children

- **Nicotine passes through the placenta, constricting the blood vessels of the fetus**.

- **Carbon monoxide reduces the oxygen levels in the mother's and the fetus's blood.**

- These negative effects increase the **risk of impaired fetal growth, miscarriage, prenatal death**, premature delivery, low birth weight, deformities, and stillbirths.

Effects of Smoke on Infants

- Infants may **suffer from growth and developmental problems** throughout early childhood.

- Babies of smokers are two and a half times **more likely to die of sudden infant death syndrome (SIDS).**

- Infants exposed to ETS have an increased risk of asthma, tonsillitis, and respiratory tract infections.

Effects of Smoke on Young Children

- Children of smokers tend to have a **higher incidence of sore throats, ear infections, and upper respiratory problems** than children of nonsmokers.

- Children who live with smokers have **double the risk of developing lung cancer than children of nonsmokers**.

- Children of smokers are nearly three times as likely to smoke as children of nonsmokers.

Ways to Avoid Secondhand Smoke: You pick two

- Politely ask visitors to refrain from smoking inside.

- If someone in your household smokes, open windows to allow fresh air to circulate, and request that certain rooms remain smoke free.

- Consider using air cleaners.

- If you are visiting a home in which someone smokes, go outside or to another room.

- In restaurants and other public places, request seating in a nonsmoking area.

Prohibiting Smoking in Public

- Laws prohibiting the sale of tobacco products to minors are being strictly enforced.

- **Tobacco licenses are being revoked when stores sell tobacco products to people under the age of 18**.

- Certain **states have successfully sued tobacco companies to recover the cost of treating tobacco-related diseases**.

- The **money awarded** in these cases is often **used to fund statewide antismoking campaigns or to offset the medical costs related to tobacco use.**

Working Toward National Health Goals

- One of the nation's health goals, according to *Healthy People 2010*, is to reduce the number of people who use tobacco and the number of deaths associated with tobacco use.

- Decreasing tobacco use and reducing exposure to secondhand smoke are important steps in increasing the years of healthy life among people in the United States.