Tobacco

**Addictive Drug:** A substance that causes physiological or psychological dependence

**Nicotine**: The addictive drug found in tobacco leaves

**Stimulant**: Drug that increases the action of the central nervous system, the heart and other organs. EX: Nicotine

**Carcinogen**:A cancer- causing substance

**Tar**: A thick, sticky, dark fluid produced when tobacco burns/Destroys cilia and alveoli causing bronchitis, pneumonia, emphysema, and cancer. Tar slows the transmission of gases and traps bacteria increasing colds and flu

**Carbon Monoxide**: Another compound found in cigarette smoke, is a colorless, odorless,

poisonous gas that replaces oxygen in the blood. Lack of oxygen causes dizziness, headaches

and slows reflexes. It increases blood pressure which damages blood vessels and causes

hardening of the arteries and CVD.

**Smokeless tobacco**: Tobacco that is sniffed through the nose, held in the mouth or chewed

**Leukoplakia**: Thickened, white, leathery- looking spots on the inside of the mouth that can develop into oral cancer

**What is in that cigarette?**

A: Nicotine, Tar, Carbon Monoxide

**Nicotine**: Drug classification STIMULANT (mild) but EXTREMELY addictive, more than

cocaine & heroin. Psychological and physiological dependence results. Decreases appetite.

Raises blood pressure, heart rate, respiration, decreases circulation to the extremities (fingertips and penis causing impotence) by constricting blood vessels.

What about pipes, cigars and specialty cigarettes?

**Speciality Cigarettes**: Imported cigarettes contain two to three times the amount of tar and

nicotine found in American cigs.

Bidis and clove cigs.

* Cigars contain much more nicotine, tar and CO than cigarettes.
* Pipe and cigars have an increase risk of developing oral (lip, tongue, and throat) cancers.
* Smokeless Tobacco –

Hookah

*Short Term Effects of Tobacco Use*

**Changes in Brain Chemistry**: Addictive properties of nicotine cause the body to crave more of the drug. User may experience withdrawal symptoms such as headaches, nervousness and trembling as soon as 30 minutes after his last tobacco use

**Increased respiration and heart rate:** Breathing during physical activity becomes more difficult; and in some cases, nicotine may cause an irregular heart rate

**Dulled taste buds and reduced appetite:** Users often lose much of their ability to enjoy food

**Bad breath and smelly hair, clothes and skin:** These unattractive effects may cause people to avoid the tobacco user

*Long Term Effects of Tobacco Use*

**Chronic Bronchitis:** Repeated tobacco use can damage the cilia in the bronchi until the cilia no longer functio. This leads to buildup of tar in the lungs, causing chronic coughing and excessive mucus secretion

**Emphysema:** A disease that destroys the tiny air sacs in the lungs. The air sacs become les elastic, making it more difficult for the lungs to absorb oxygen. A person with advanced emphysema uses up to 80% percent of his energy just to breathe

**Lung Cancer:** When the cilia in the bronchi are destroyed, extra mucus cannot be expeled. Cancerous cells can grow in these conditions, block the bronchi, and move to the lungs. Unless detected early, lung cancer can cause death

**Coronary heart disease and stroke:** Nicotine constricts blood vessels, which cuts down on circulation, or blood flow. Nicotine also contributes to plaque buildup in the blood vessels, which can lead to hardened arteries, a condition called arteriosclerosis. Arteries may become clogged, increasing the risk of heart attack and stroke. The risk of sudden death from heart disease is 3 times greater for smokers than for nonsmokers. A non smoker knows how to delay the onset of and reduce the risk of potential health problems during adulthood.

*Other Consequences*

**Legal Consequences:** Selling tobacco products to people under the age of 18 is illegal in all states. Schools prohibit the use of tobacco products on school property and a student may be suspended or expelled for breaking these rules

**Social Consequences:** Many people find secondhand smoke and the smell of tobacco offensive, so tobacco uses may be excluded from social gatherings

**Financial Consequences:** Use of tobacco products can be expensive. Someone who smokes a pack of cigarettes a day can spend more than $2000 each year just on cigarettes. Total economic cost of tobacco use to taxpayers in the U.S, including medical costs, is about $97 billion a year.

*Choosing to Live Tobacco Free*

Reducing Tobacco Use Among Teens

**Antismoking Campaigns:**In 1998 tobacco companies and 46 reached a legal settlement that restricted tobacco advertising and promotion. Tobacco companies are now required to fund aids that discourage young people from smoking

**Financial Cost:** Tobacco use is expensive.Many teens find that they would rather spend money on healthier alternatives

**Societal Pressures:** Legislative acts have limited smoking in public places. More young people are growing up in an environment that is less tolerant of secondhand smoke

**Family Influence:** Many teens avoid tobacco use because their parents strongly disapprove of the use of tobacco products

Staying tobacco free benefits

* Lowers risks of lung cancer, heart disease and stroke
* It improves physical fitness and enhances athletic performance
* A tobacco- free lifestyle helps a person look and feel better. Having higher energy levels, healthier skins, fresher breath and better smelling clothes and hair increases self confidence in social situations

*Strategies for Preventing Use of Tobacco*

**Choose friend who don’t use tobacco:** Being around people who share your values and beliefs will strengthen your commitment to lead a tobacco- free life

**Avoid situations where tobacco products may be used:** By staying away from such situations, you reduce the chance of being pressured to use tobacco

**Practice and use refusal skills:** Prepare in advance what you will say if someone offers you tobacco. Your refusal may be simple “No thanks” or you may give a reason like no. Be assertive and leave the situation if the pressure continues.

*Reasons to Give Up Tobacco Use*

* They begin to have health problems: asthma or respiratory infections
* They have the desire, will and commitment to stop
* They realize how expensive the habit is
* They realize that using tobacco can lead to other risky behaviors, such as the use of alcohol and other drugs
* Find it difficult to purchase tobacco -as selling tobacco -to people under 18 is illegal
* Realize damaging effects of secondhand smoke and don't want to harm families and friends

**Nicotine Withdrawal:** The process that occurs in the body when nicotine, an addictive drug, is no longer used. The cravings and discomfort caused by these symptoms are temporary, and smokers trying to quit should remember that success will lead to better health. The cravings and discomfort caused by these symptoms are temporary and smokers trying to quit should remember that success will lead to better health

**Nicotine Substitute:** Symptoms of nicotine withdrawal include irritability, difficulty concentrating, anxiety, sleep disturbance and cravings for tobacco. To relieve the symptoms people use a nicotine substitute Replace tobacco use with healthier alternatives: Sugarless gum, carrots, and cinnamon sticks are substitutes that people can use when they feel an urge to have a cigarette

Why might tobacco advertisements target teens?

Tobacco advertisements might target teens because teens are influenced by ads that depict tobacco use as glamorous and sophisticated

*Getting Help- Tips for Quitting*

* **Prepare for the day**: Set a target date for quitting
* **Get support and encouragement:** Support from family, friends and peers will increase a person’s chance of success
* **Identify available health- related services in the community**: It may be necessary to seek advice from a doctor, enroll in a tobacco cessation program, or join a support group. Other helpful resources include the American Lung Association and local hospitals
* **Change daily behavior:** Avoiding other tobacco users, preparing one’s environment for a tobacco- free life, changing daily routines can help smokers avoid their tobacco triggers
* **Engaging in healthful behaviors:** Physical activity, good nutrition, stress-management techniques, and abstinence from alcohol and other drugs will help people through the withdrawal process

Health Risks of Tobacco

**Nervous System:** Addiction and increased risk of stroke

**Excretory System:** Increased risk of cancer of the bladder and kidneys

**Respiratory System**:Coughing/Smoker’s hack

* Increased risk of emphysema, lung cancer and chronic bronchitis

**Cardiovascular System:** Increased heart rate and blood pressure

* Hardened arteries and decreased blood flow
* Increased risk of heart attack

*Long-term effects*

**Immune system**: Weakens immune system, more vulnerable to diseases

**Chronic Bronchitis** : Makes it harder to breathe, less air able to flow in and out of the lungs and you cough up heavy mucus

**Bronchiectasis** : Condition in which damage to the airways causes them to widen and become flabby.your airways slowly lose their ability to clear out mucus. The mucus builds up, and bacteria begin to grow. This leads to repeated, serious lung infections.

**Emphysema**:Form of chronic (long-term) lung disease. People with emphysema have difficulty breathing from a limitation in blowing air out.

**Lung Cancer** :

CVD: Atherosclerosis (soft plaque) which eventually will turn into hard plaque Arteriosclerosis.

Hypertension

**Impotence & Erectile Dysfunction**: Inability to get and maintain an erection

**Infertility**: You cannot make a baby (conceive)

**Osteoporosis**: Disease in which bones become fragile and more likely to fracture. Usually the bone loses density, which measures the amount of calcium and minerals in the bone

**Alzheimer Disease**: Type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time.

**Stomach & Duodenal Ulcers**

**Wrinkles**

**Chronic Sinusitis:** Condition in which the cavities around nasal passages (sinuses) become inflamed and swollen.Interferes with drainage and causes mucus to build up. If you have chronic sinusitis, it may be difficult to breathe through your nose. The area around your eyes and face may feel swollen, and you may have throbbing facial pain or a headache.

**Cavities**

**Asthma**

**Hearing Loss**

**Vitamin C loss:**

**Environmental tobacco smoke (ETS):** Or secondhand smoke, air that has been contaminated by tobacco smoke. Composed of:

**Mainstream Smoke**: The smoke exhaled from the lungs of a smoker

**Sidestream Smoke:** The smoke from the burning end of a cigarette, pipe, or cigar. Is more dangerous than mainstream as it has higher concentrations of carcinogens, nicotine and tar

**Strategies can you use to limit the amount of ETS you breathe:** If you and your family want your home to be smoke free, politely ask visitors to refrain from smoking inside. If someone in your household smokes, open windows to allow fresh air to circulate, and request help remove contaminants from the air. If you are visiting a home in which someone smokes, go outside or to another room. Ask to open the window slightly to provide fresh air.

**Analyze the harmful effects of certain substances and environmental hazards, such as environmental tobacco smoke, on fetus, infants and young children**

Every year 3,000 people are diagnosed with lung cancer caused by secondhand smoke. Smoking during pregnancy can seriously harm the developing fetus. Nicotine passes through the placental, constricting the blood vessels of the fetus. Carbon monoxide reduces oxygen levels in the mother’s and the fetus’ blood. These negative effects increase the risk of impaired fetal growth, miscarriage, prenatal death, premature delivery, low birth weight, deformities and stillbirths, The infant may also suffer from growth and developmental problems throughout early childhood.

**Identify three sources of help for people who wants to quit tobacco use**

Get support and encouragement : Support from family, friends and peers will increase a person’s chance of success

**Identify available health- related services in the community**: It may be necessary to seek advice from a doctor, enroll in a tobacco cessation program, or join a support group.

Replace tobacco use with healthier alternatives

**How does the ETS harm infants and young children?**

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