



Directions: Read the following information carefully.

Tobacco Information Sheet

1. The first major report linking smoking with lung cancer was issued in 1964 by the U.S. Surgeon General. Since that time more and more people have either not begun to smoke or have quit smoking. But it's extremely difficult to stop smoking because the nicotine (main chemical) in tobacco is highly addictive.
2. Most people do not smoke. According to one report, only 12 percent of teenagers and 33 percent of adults today smoke. In the United States there are an estimated 30 million former smokers.
3. Ninety percent of all cases of lung cancer happen in people who smoke cigarettes. Ninety percent of all people who get lung cancer die within five years of its being discovered.
4. Heart disease, a leading killer, is also closely connected with cigarette smoking.
5. Tobacco comes in many forms, although cigarettes are the most commonly used. Tobacco can also be chewed and smoked in pipes. Snuff is a powdered tobacco that is snorted or sniffed.
6. The principal drug in tobacco is called "nicotine." It acts as a *stimulant*, speeding up the heart and the central nervous system.
7. Every cigarette a person smokes takes about six minutes off her/his life.
8. Cigarette smokers often have bad breath, smelly clothes, stained teeth, and yellowed fingers.
9. Cigarettes contain a number of harmful chemicals, including tar, a major source of lung cancer. There is no such thing as a safe cigarette. All tobacco cigarettes, including low-tar and filtered cigarettes, contain enough tar to be harmful.
10. Some people think that smoking cigarettes helps to calm you down. In fact, nicotine can make people jittery and nervous.
11. Although the percentage of adults who smoke has been declining in recent years, the number of teenagers who smoke has been increasing.
12. According to studies, most teenagers who smoke know about the dangers of smoking but do it anyway. They think that the long-term dangers of smoking (lung cancer, heart disease) do not apply to them. But smoking has many short-term health hazards, including shortness of breath and damage to blood circulation.

Tobacco Information *continued* Worksheet



13. Only about half of the people who try to stop smoking are successful. The addiction is extremely difficult to cure.
14. When nonsmokers are near people who smoke, the nonsmokers also breathe the poisonous gases. Because of this, more and more laws are being passed forbidding smoking in public places such as office buildings and restaurants.
15. In addition to getting lung cancer, smokers may develop cancer of the mouth or throat.
16. An average smoker spends approximately \$365 a year on cigarettes.



TOBACCO INFORMATION SHEET

NAME: _____ DATE: _____

Read the information given for your assigned topic and write one convincing reason not to use tobacco.

1. INGREDIENTS CIGARETTE COMMERCIALS DON'T TALK ABOUT

Each time a smoker lights up, more than 3000 poisonous substances enter the body. When the smoker exhales, about 90 percent of the substances stay inside. This includes cancer-causing tars, the addictive drug nicotine, and the poisonous gas carbon monoxide, which takes the place of oxygen in the blood. Smokers have to breathe in more air to get enough oxygen for the body to maintain the necessary balance.

2. MATTERS OF THE HEART

As soon as nicotine, the main drug in tobacco, reaches the bloodstream, the heart speeds up and beats an extra 10 to 25 times a minute. Because nicotine also narrows the blood vessels, increasing the smoker's blood pressure, smokers have a much greater chance of heart attacks and strokes than nonsmokers.

3. GETTING HOOKED

Almost everyone who uses tobacco eventually becomes addicted. The nicotine in tobacco is one of the most addictive drugs known. It reaches the brain in just a few seconds, making chemical changes and causing a craving for more. Once addicted, a smoker is very uncomfortable when the effects of the drug wear off.

4. TARS, LUNGS, AND BREATHING

A smoker inhales sticky tars that are powerful cancer-causing agents. These tars coat the lungs' tiny air sacs, eventually causing them to lose their elasticity and making breathing difficult. A pack-a-day smoker inhales but doesn't exhale a full cup of tar a year.

5. THAT HACKING COUGH

Smoking just one cigarette can stop the action of the cilia for 20 minutes or more. These are the tiny hairs in the air passages to the lungs that sweep mucus, dirt, and germs from inhaled air out of the body. Eventually smoking destroys the cilia. Then the only way a smoker can clear out the air passages is to cough, and cough, and cough.

6. LOSING ONE'S SENSES

Smokers can eventually lose some of their sense of taste and smell. This happens so slowly they may hardly notice. After a while smokers aren't able to smell and taste the things they once could.

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7. RAISING THE RISKS

Compared to nonsmokers, smokers have much higher risks of diseases such as cancer, heart disease, emphysema, gum disease, chronic bronchitis, ulcers, and allergies. The more someone smokes, the higher the risk. When people quit smoking their health usually improves, although many of the damages from smoking are permanent.

8. THAT SMOKER LOOK

Smoking stains the teeth and fingers and can cause early aging of the skin. Because smokers' skin doesn't get enough oxygen, they can develop a condition known as *cigarette face*. Deep wrinkles form around the corners of the mouth and eyes. The skin can look gray or yellow.

9. THAT SMOKER SMELL

Smokers often have stale breath and clothes that smell of smoke. Because the chemicals in tobacco irritate the soft tissues in the mouth, people who smoke or chew tobacco may have gum problems that also contribute to bad breath.

10. RUNNING BEHIND

Research shows that most smokers are not as physically fit as nonsmokers. Because smokers' blood carries less oxygen and their hearts work harder, they tire more easily, cough more often, and quickly run out of breath.

11. FIGHTING FOR BREATH

Cigarette smoke can cause emphysema, a disease that makes it harder and harder to breathe. As the tars from cigarette smoke build up on the tiny air sacs in the lungs, the sacs lose their elasticity. Since these sacs can't be repaired or replaced, people with emphysema spend the rest of their lives gasping for breath.

12. TAKING CHANCES WITH CANCER

Lung cancer is 25 times more common in smokers than in people who have never smoked. It's caused by tars that irritate the lung tissues until they become cancerous. The younger people are when they begin to smoke, the greater their risk of developing cancer later in life.

13. NONSMOKERS BEWARE

Smokers put other people's health at risk, too. Studies show that nonsmoking wives of smoking husbands are three and one-half times more likely to develop lung cancer because of the secondhand smoke they breathe.

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14. BREATHING SOMEONE ELSE'S SMOKE

Smoke can bother nonsmokers by making their eyes itch, making them cough, and causing headaches and allergic reactions. Children who live with smokers are more likely to have colds, earaches, and bronchitis—especially when they're very young.

15. SMOKING FOR TWO

A pregnant woman who smokes brings both nicotine and carbon monoxide into the bloodstream of her unborn baby. As a result, her baby may be born with low birth weight, birth defects, breathing difficulties, or learning problems.

16. THE HIGH COST OF HIRING A SMOKER

Smokers may have more trouble finding a job. Employers know that smokers are much more likely to need health care than nonsmokers. They also have more accidents, receive more disability payments, and miss more work than people who don't smoke.

17. UP IN SMOKE

Much of a smoker's money goes up in smoke. Buying cigarettes every day eventually costs thousands of dollars. Smokers also spend more on doctors' bills than nonsmokers. And when they are sick, they're more likely to need expensive care at the hospital.

18. STARTING FIRES

Smokers may accidentally hurt or kill themselves and others in fires. Many fires at home and outdoors are caused by careless smokers who fall asleep while smoking or who throw away a burning cigarette.

19. DYING EARLY

Every cigarette takes about five minutes off a smoker's life. Smoking causes many early deaths (1,200 deaths a day in the U.S. and about 100 in Canada). It's the single most preventable cause of death. The good news is that the number of smokers is decreasing.

20. CHANGING ATTITUDES

Attitudes about smoking are changing. Smoking is not permitted in many public places. Most restaurants make smokers sit in special places and airlines don't allow smoking on certain flights. Hotels, motels, and car rental agencies set aside rooms and vehicles for nonsmokers, and many workplaces are now smoke-free.

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21. GAINING BY QUITTING

Fewer and fewer people are smoking. Most smokers want to quit, and each year thousands do. Many quit on their own and others use special programs, tapes, special chewing gums, or expert advice. Once they stop smoking, many gradually regain their health.

22. IT'S THE LAW

Because tobacco is so harmful, it's illegal to sell cigarettes to people under the age of 18 (16 in some places). In the United States, cigarette advertisements are not allowed on television and radio, and printed ads and all tobacco packages must carry a warning about the dangers of smoking. In Canada, cigarette ads of any kind have been illegal since 1988.

23. NO "SAFE" TOBACCO!

Even though tobacco companies talk about chewing tobacco as being "safe," this is not true. In fact, more nicotine gets into the body from chewing tobacco than from smoking. Users can quickly become addicted and can have even more trouble quitting than smokers do.

24. WHERE TROUBLE BEGINS

Many studies show a strong link between smokeless tobacco and mouth cancers. Many young users have sores, ulcers, and blisters that can develop into cancers. A common place for a cancer to start is on the inside of the mouth in the spot where the tobacco is held.

25. GETTING THROUGH THE TEENS

The longer someone uses any kind of tobacco, the tougher it is to quit—and the greater the damage. That's why it's better never to start. Those who make it through their teen years without starting will probably never take up the habit.