

Part Two: Tobacco

- I. Health Risks
 - I.a. Coronary Heart Disease
 - a.i. Smokers have a 70% higher death rate of this disease than nonsmokers
 - a.ii. 120,000 deaths (total) of Coronary Heart disease annually
 - I.b. Lung Disease
 - b.i. Smoking is the major cause of chronic obstructive pulmonary disease in American adults
 - b.ii. Nearly 80,000 Americans die each year from smoking-related reparatory problems
 - I.c. Cancer
 - c.i. Smoking causes cancer of the lung, larynx, oral cavity, pancreas, bladder, and esophagus
 - I.d. Other:
 - d.i. Bronchitis
 - d.ii. Emphysema
 - d.iii. Sinusitis
 - d.iv. Peptic Ulcers
 - d.v. Influenza
 - d.vi. Hypertension
 - d.vii. Atherosclerosis
 - I.e. The more smoked, the higher the rate of the illnesses
- II. Stats
 - II.a. The average age to begin is 13
 - II.b. 4/5 smokers develop the habit before e 21
 - II.c. It is illegal in 44 states and DC to sell or advertise to minors
 - II.d. Each day, 3000 teens start smoking
 - II.e. There are now 2.8 million smokers under 18
 - II.f. Under 18, 1.54 billion is spent on cigarettes a year.
- III. Quitting
 - III.a. Methods:
 - a.i. Nicorette gum
 - a.ii. Nicotine patches
 - a.iii. Nasal Spray*
 - a.iv. Nicotrol Inhaler*
 - a.v. Zyban (pills)*
 - a.vi. * = by prescription only
 - III.b. Seeking help is the best way to quit, success rates for “Cold Turkey” quitters are not that high
- IV. Effects on the Body
 - IV.a. Lung Cancer

- a.i. Low incidences 60 yrs ago, because of less smoking
- a.ii. Today 100,000 deaths per year- cure rat 10%
- a.iii. Chemicals, and hot gases paralyze cilia
- a.iv. 90% of tars and resins remain in smokers lungs
- a.v. 400% increase in lung cancer in women
- a.vi. Shadows show up on x-ray usually too late
- a.vii. Stopping creates improvements within 2 weeks, after 10 years= nonsmoker
- IV.b. Emphysema
 - b.i. Hydrogen Cyanide and other gases damage the air sacs in the lungs
 - b.ii. Lungs lose elasticity and cant deflate, trapped air in sacs explodes when coughing
 - b.iii. Difficulty in breathing leads to heart failure or problems
- IV.c. Heart and Circulatory Diseases
 - c.i. Nicotine increases heart rats, blood pressure, fatty acids, lowers good cholesterol
 - c.ii. CO displaces O2 and damages blood vessel walls; fat collects
 - c.iii. Reynard's Disease: smoke ruins microscopic blood vessels and valves in the legs, hands
 - c.iv. Burger's Disease: smoke increases blood clotting
- IV.d. Bronchitis
 - d.i. 75% of cases caused by smoking
- IV.e. Ulcers
 - e.i. Smoking stimulates digestive juices but food is not there, so stomach lining is broken down instead
- IV.f. Cancer
 - f.i. Lip
 - f.ii. Throat
 - f.iii. Mouth
 - f.iv. tongue
 - f.v. Larynx
- IV.g. Impotency
 - g.i. 50% more if a smoker
- IV.h. Second Hand Smoke
 - h.i. CO and excess chemicals inhaled
 - h.ii. Might be even worse for you
- IV.i. Cigarettes
 - i.i. Lose effectiveness of vitamins, medicine, birth control pill, etc.
- IV.j. Taste buds
 - j.i. Numbed
- IV.k. Damage to senses
 - k.i. Hearing
 - k.ii. Eyesight
 - k.iii. Teeth
- IV.l. Maternal Smoking

- IV.m. 1 pack of cigarettes= 1000 extra heart beats a day
- IV.n. Over 50,000 deaths a year due to 2nd hand smoke
 - n.i. CO causes premature births, stillborns, miscarriage, and birth defects and underdeveloped babies
- V. Chewing Tobacco
 - V.a. Just as bad
 - V.b. Leukoplachia
 - b.i. Skin on mouth hardens
 - b.ii. NOTE: it is not cancer, but a prerequisite
 - V.c. Affects anything in the mouth
- VI. Hammond Study:
 - VI.a. 1 pack; 16 yrs old; 1 million studies duplicated worldwide
 - a.i. Between 45-64 yrs old smokers had 2x higher death rates
 - a.ii. Lung Cancer: 10x higher death rate
 - a.iii. Bladder 3x “ “
 - a.iv. Heart Disease: “ “
 - a.v. Emphysema: 20X “ “
 - a.vi. Average 8 yrs off of life- 3- 12 min per cigarette
 - a.vii. Quality of life destroys regardless of life expectancy
- VII. Contents of a Cigarette
 - VII.a. At least 43 different carcinogenic substances
 - VII.b. Acetone
 - VII.c. Hydrogen Cyanide
 - VII.d. Formaldehyde
 - VII.e. Methanol
 - VII.f. Tar
 - VII.g. High Nitrate content
 - VII.h. “Flavor Enriching Materials”
 - VII.i. Acetic Acid
 - VII.j. Ammonia
 - VII.k. Arsenic
 - VII.l. Butane
 - VII.m. Cadmium
 - VII.n. Carbon Monoxide
 - VII.o. Nicotine and DDT
 - VII.p. Hexamine
 - VII.q. Methane
 - VII.r. Methanol
 - VII.s. Naphthalene
 - VII.t. Nitrobenzene
 - VII.u. Naphthalene
 - VII.v. Nitrobenzene
 - VII.w. Nitrous Oxide Phenols
 - VII.x. Satiric Acid
 - VII.y. Toluene
 - VII.z. Vinyl Chloride

- VIII. Vocabulary:
- VIII.a. Cilia- the hairs in your throat that move dirt out
 - VIII.b. Hemoglobin- a metal in your blood that O₂ attaches to bring oxygen to your cells
 - VIII.c. Carbon Monoxide- a poisonous gas because it replaces O₂ in the hemoglobin and makes you suffocate
 - VIII.d. Sinusitis-
 - VIII.e. Bronchitis- inflammation of the bronchial tubes, therefore constricting them
 - VIII.f. Tar-
 - VIII.g. Leukplachia-
 - VIII.h. Atherosclerosis-
 - VIII.i. Benzopyrene-
 - VIII.j. Anoxia-
 - VIII.k. Emphysema- the damaging or destroying of air sacs in the lungs therefore making it hard to breathe
 - VIII.l. Tolerance-
 - VIII.m. Snuff- chewing tobacco
 - VIII.n. Nicotine
 - VIII.o. Carcinogens