**Tobacco**

Examining advertising tactics:

Stimulants are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Nicotine addiction:

Studies show that teens become addicted \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more than adults.

Nicotine withdrawal symptoms:



The dark sticky substance that forms when tobacco is burned is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Short Term Effects of Tar:

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| --- |
|  |
| 1. Smelly hair and clothes |
|  |
| 1. Paralysis of cilia lining in airways |
|  |
| 1. Impaired lung functions. |

Smokeless tobacco is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as cigarettes.

Short Term Effects of Smokeless Tobacco:

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|  |
| 1. Bad breath and drooling |
|  |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a disease that results in gradual loss of lung function which makes it hard to breathe.

*Chronic Bronchitis:*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Emphysema:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Cardiovascular system has to work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to deliver \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

= raised blood pressure, increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, increase in blood clots.

Tobacco may cause the following cancers…

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |

Dangers of second hand smoke are…

Things you can do to help cope with withdrawal symptoms:

|  |  |
| --- | --- |
| Make a list of… | Avoid being around… |
| Throw away… | Save your… |
| Change your… | Exercise |
| Tell your… |  |