

Name _____ Date _____ Block _____

Chapter 13 – Tobacco

Place the correct term from each word bank in the appropriate space in each paragraph.

Lesson 1 – Tobacco Facts

Word Bank -	addictive	Smokeless tobacco	bronchi	Tar
	Cigars	Carbon monoxide	Nicotine	

(1) _____ is an addictive drug found in tobacco leaves and in all tobacco products. It changes the chemistry of the brain. Nicotine is (2) _____, capable of causing a user to develop intense cravings. (3) _____ is a thick, oily, dark liquid that forms when tobacco burns. When tobacco smoke is inhaled, tar deposits form on the (4) _____, which are passages through which air enters and spreads through the lungs. If tar builds up on the lungs, it can cause serious diseases.

(5) _____ is a poisonous, colorless, odorless gas. It is released when tobacco is burned. There are many different tobacco products on the market. Cigarettes and (6) _____ are examples of two common types of tobacco products. They are equally addictive, dangerous and can cause negative health issues.

(7) _____ is ground tobacco that is chewed or inhaled through the nose. Smokeless tobacco contains more nicotine than cigarettes. These products can also lead to serious health problems.

Lesson 2 – Health Risks of Tobacco Use

Word Bank - cardiovascular disease decay stroke throat
Chronic Obstructive Pulmonary Disease(COPD) coughing
hazardous emphysema stomach

Tobacco use is (8) _____ to your health. Some of the short-term physical effects of tobacco use include: changes taking place in brain chemistry, shortness of breath, reduced energy, (9) _____, increase in phlegm production, upset (10) _____, dulled taste buds, increase in heart rate and the beginnings of tooth (11) _____. The long-term effects of tobacco use include: weakening and narrowing of blood vessels, increased risk of (12) _____, increased risk of lung and (13) _____ cancer, gum and tooth disease, and increased risk of (14) _____. Another long-term effect of tobacco use is (15) _____. This is a condition in which passages in the lungs become swollen and irritated and eventually lose their elasticity. Tobacco use also causes (16) _____, which is a disease of the heart and blood vessels.

Lesson 3 – Tobacco Addiction

Word Bank - irritability psychological dependence withdrawal
 crave support prepare tolerance drug
 routine relapse physical dependence restlessness

Nicotine is a powerful (17) _____. Once addicted, it becomes very difficult to quit smoking. The body develops a (18) _____ to nicotine. This is a process in which the body needs more of a drug to get the same effect. Tobacco users also develop a (19) _____. This is a type of addiction in which the body itself feels a direct physical need for the drug. If nicotine levels drop, the body will begin to (20) _____ it.

Tobacco users also develop a (21) _____.

This is an addiction in which the mind sends the body a message that it needs more of a drug.

Some suggestions to help you quit tobacco include: (22) _____ to stop, get (23) _____ and encouragement, find out about health services, change your daily (24) _____, and follow a healthy lifestyle. When a person stops using tobacco, he or she may go through (25) _____.

Withdrawal symptoms are physical and psychological reactions that occur when someone stops using an addictive substance. Withdrawal symptoms can include headache, fatigue, hunger, (26) _____, and (27) _____.

Many people who decide to quit tobacco suffer a (28) _____, the return to the use of a drug after attempting to stop. Most people attempt to quit several times before they succeed.

Lesson 4 – Tobacco’s Cost To Society

Word Bank - health insurance pregnancy Nonsmokers
 Secondhand smoke passive smoker sidestream smoke
 children mainstream smoke costs

There are many (29) _____ related to tobacco use. Smokers spend around \$8.00 per pack of cigarettes, which adds up to a lot of money each month and year. Smokers also pay higher (30) _____ rates because they suffer more health problems. (31) _____ can suffer health issues from breathing in smoke too. (32) _____, or environmental smoke, is a mixture of two forms of smoke from burning tobacco products. One is (33) _____, which is smoke that comes directly from a burning cigarette, pipe or cigar. The other is (34) _____, which is smoke that is exhaled by a smoker. A (35) _____ is a nonsmoker who breathes in secondhand smoke. Passive smokers can develop the same health issues as smokers. Secondhand smoke can be particularly harmful for small (36) _____. Smoking during (37) _____ can increase the risks of premature birth, low birth weight and developmental problems for the baby.

Lesson 5 – Choosing To Be Tobacco Free

Word Bank - media point of sale promotions avoiding risky
 family members negative peer pressure leave S.T.O.P.

Despite all the information on the health risks related to tobacco use, many teens still try tobacco. Some teens try tobacco because of (38) _____, which is the pressure you feel to go along with harmful behaviors or beliefs of others your age. Some teens try it because they see (39) _____ using tobacco or are tempted by images in the (40) _____. Sometimes (41) _____, advertising campaigns in which a product is promoted at a store's checkout counter can tempt a teen. Teens can stay tobacco-free by (42) _____ situations where tobacco products will be used. Teens can respond to negative peer pressure by practicing their refusal skills, such as using the (43) _____ strategy. This strategy can be an effective way to say no to avoid (44) _____ behaviors and includes the following steps: Say no in a firm voice, Tell why not, Offer other ideas, and Promptly (45) _____ the situation.