

Tobacco Work (part 1):

Directions: Using pages 258-265 Complete the following questions.

Name _____

Date _____

Lesson 9.1

Key Terms Review

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- _____ 1. Which of the following is *not* a form of smokeless tobacco?
A. cigars
B. snuff
C. chewing tobacco
D. dissolvable tobacco
- _____ 2. Substances that cause cancer are called _____.
A. tar
B. pathogens
C. carbohydrates
D. carcinogens
- _____ 3. The substance that gives tobacco products their addictive quality is _____.
A. carbon monoxide
B. nicotine
C. lead
D. tar
- _____ 4. Which of the following is *not* true of tobacco?
A. Tobacco leaves are used to produce cigarettes and smokeless tobacco products.
B. Tobacco leaves contain the chemical nicotine.
C. Smokeless tobacco products are not associated with addiction or serious health consequences.
D. The most common method of using tobacco is smoking cigarettes.
- _____ 5. Cigarettes contain a poisonous gas called _____, which interferes with the ability of blood cells to carry oxygen.
A. carbon monoxide
B. lead
C. carcinogens
D. tar
- _____ 6. Smokeless tobacco users can develop _____, a condition characterized by white, leathery spots inside the mouth.
A. emphysema
B. chronic bronchitis
C. asthma
D. leukoplakia
- _____ 7. _____ is a thick, sticky residue of burning tobacco that can build up in the lungs and cause disease.
A. Carbon monoxide
B. Nicotine
C. Tar
D. Lead

Matching: Match each statement about a tobacco-related lung disease with the name of the disease. Write the letter corresponding to the disease in the blank space. One term will not be used.

- _____ 8. a group of diseases that make breathing more difficult
- _____ 9. disease in which abnormal cells in one or both lungs grow rapidly and form a mass or tumor
- _____ 10. disease characterized by the destruction of the alveoli
- _____ 11. condition characterized by swelling and irritation of the bronchial tubes
- _____ 12. disease in which airflow to and from the lungs is blocked; can be triggered by inhaling smoke
- A. asthma
B. chronic bronchitis
C. chronic obstructive pulmonary disease (COPD)
D. emphysema
E. leukoplakia
F. lung cancer

Define Key Vocabulary:

1. Chronic Bronchitis: _____

2. Asthma: _____

3. COPD: _____

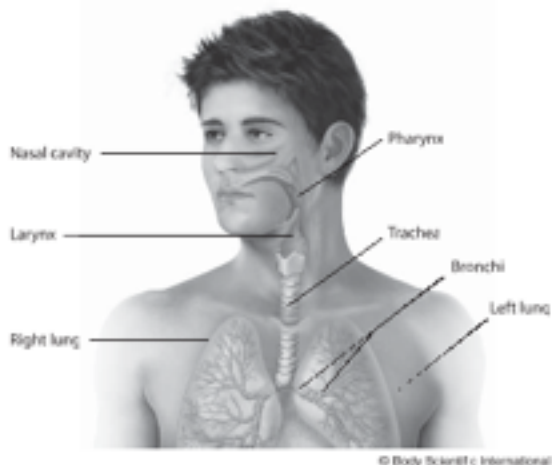
4. Tar: _____

5. Tobacco: _____

6. Nicotine: _____

Smoking and Your Respiratory System

Analyzing Data: Using the illustration of the respiratory system below, answer the following questions. If needed, you may also refer to Background Lesson 4, "Respiratory System," in your textbook.



1. A. What are cilia and what role do they play in the respiratory system?

- B. In what three structures are the cilia located? Circle these three structures on the above illustration.

- C. How does smoking impact the functioning of cilia?

2. A. What is the function of the bronchi (or bronchial tubes)?

- B. How does smoking affect the functioning of bronchi?

- C. Which two smoking-related diseases are characterized by swollen and irritated bronchial tubes?

3. A. What are alveoli and what role do they play in the respiratory system?

- B. How does smoking impact the alveoli?

- C. Which smoking-related disease is characterized by destruction of the alveoli?

Define Key Vocabulary:

7. Leukoplakia: _____

8. Secondhand Smoke: _____

9. Carcinogens: _____

10. Smokeless Tobacco: _____

11. Emphysema: _____

Know and Understand Questions:

1. Define Adrenaline- how does nicotine affect adrenaline and the body?

2. How does nicotine affect the blood vessels. How does this impact on the blood vessels cause smokers to be 2x as likely as nonsmokers to die from a heart attack?

3. Most people who develop COPD have a combination of what two diseases?

4. How does secondhand smoke impact a growing fetus in pregnant women?

Extra Credit Opportunity: (10 points) due Thursday 10-24

Directions: Complete the following worksheet and advertisement flier/poster.

Name _____

Date _____

Lesson 9.3

Create an Antismoking Advertisement

In small groups, create an antismoking advertisement to convince people to stop smoking or to never begin smoking. Follow the instructions below to get started. Then create your advertisement, using the medium of your choice, and share it with the class.

Choose a target group.

Advertisements are crafted to appeal to a particular audience. Which group(s) of people will your antismoking advertisement target? Some target audiences might be teenagers, adults, women or men, people of a particular economic or ethnic group, or people who do or do not smoke. Describe your target audience below:

Choose a focus.

Choose an antismoking message you want to communicate. "Smoking is bad" is too broad. You should choose a narrower focus. For example, you might focus on the financial costs of smoking, or the fact that smoking can cause diseases and premature death. Consider what kind of antismoking message will appeal to the group you have chosen. Summarize the message of your ad in one or two sentences below:

Choose a medium for your message.

Choose a medium for your advertisement. Your group might create a flyer, a poster, a video, a podcast, or a website. When choosing your medium, consider which medium will best reach your target audience. Describe which medium your group chose and why you chose it below:

Completion: Write the term that completes the statement in the space provided.

1. Carbon monoxide in cigarette smoke interferes with the ability of blood cells to carry _____.
2. People who smoke for at least 10 years show more _____ in their skin.
3. Smokers have _____ rates of cancer than nonsmokers.
4. _____ is finely cut or powdered tobacco that is inhaled or placed between the cheek and gum.
5. The Food and Drug Administration opposes the use of electronic cigarettes by teenagers because they can cause addiction to _____.

True/False: Indicate whether each statement below is true or false by circling either T or F.

- T F 6. Smoking is the leading cause of preventable death in the United States.
- T F 7. A psychological dependence occurs when the body relies on having a certain amount of a substance to function "normally."
- T F 8. Substance abuse begins with experimentation.
- T F 9. Tolerance develops when the body needs less and less of a substance to experience the effects it felt when a greater amount was used.
- T F 10. Tobacco smoke contains over 70 carcinogens.

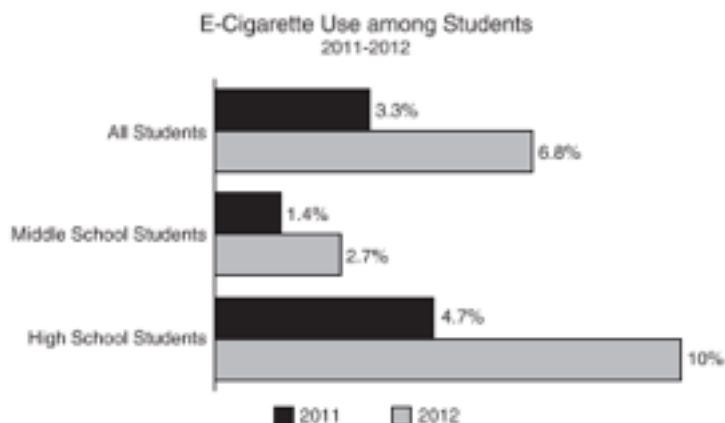
Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- _____ 11. Which body system includes the heart and blood vessels?
A. immune system
B. respiratory system
C. cardiovascular system
D. nervous system
- _____ 12. Which fatty substance can build up in the arteries and disrupt the flow of blood through the body?
A. tar
B. cilia
C. proteins
D. cholesterol
- _____ 13. A laryngectomy is performed on people, often smokers, who have _____.
A. cancer of the larynx
B. lung cancer
C. heart disease
D. oral cancer
- _____ 14. Smokers are at greater risk of becoming ill from germs that cause colds and the flu due to a weakened _____.
A. respiratory system
B. immune system
C. heart
D. lung capacity
- _____ 15. In some people, inhaling cigarette smoke can irritate the lining of the airways and trigger a(n) _____.
A. asthma attack
B. stroke
C. cold or flu
D. gum disease

Matching: Match each key term to its definition by writing the letter of the term in the space provided.

- | | |
|---|--------------------------|
| _____ 16. use of a drug, or intentional misuse of prescription medication, that can cause harmful, dangerous effects | A. addiction |
| _____ 17. method of smoking cessation in which tobacco users gradually reduce their nicotine consumption | B. dependence |
| _____ 18. physical and psychological need for a substance or behavior | C. nicotine replacement |
| _____ 19. technique in which people learn to respond to stress with stress management, relaxation, and coping skills, instead of with smoking | D. peer pressure |
| _____ 20. unpleasant symptoms associated with an attempt to stop using a substance | E. response substitution |
| _____ 21. smoking-cessation technique in which smokers avoid situations that may lead them to smoke | F. stimulus control |
| _____ 22. an individual's feeling that he or she must conform to the wishes of friends to earn their approval | G. substance abuse |
| _____ 23. condition in which a person relies on a given substance to function or feel normal | H. withdrawal |

Analyzing Data: Use the graph below to answer the following questions.



Source: CDC, National Youth Tobacco Survey

24. For which group of students was e-cigarette use more popular?

25. By what percentage did e-cigarette use increase between 2011 and 2012 for high school students?

Short Answer: On a separate sheet of paper, answer the following questions using what you have learned in this chapter.

26. Compare and contrast positive and negative peer pressure, and give two examples of each.
27. Some antismoking researchers believe that the best way to prevent teenagers from smoking is to emphasize the negative effects of smoking on appearance and hygiene. Do you agree or disagree? Explain your answer.