Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drug Unit: Tobacco

NOTE SHEET

What’s in Tobacco?

NI C O T I N E

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Is a drug that speeds up the heartbeat and affects the central nervous system.

CA R B O N M O N O X I D E

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: This is a poisonous, odorless gas produced when tobacco burns. (Also an ingredient in car and truck exhaust.)

TA R

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: is a thick, oily, dark liquid that forms when tobacco burns.

How Tobacco Harms the Body

Just one puff releases harmful chemicals into the mouth, throat, and lungs.

|  |  |
| --- | --- |
| Short Term Effects | Long Term Effects |
| * yellow teeth
* smelly clothes
* more colds and coughs
* difficulty keeping up with friends when playing sports
* Empty wallet — cigarettes and tobacco products are very expensive!
 | * heart disease
* stroke
* emphysema (breakdown of lung tissue
* cancer — including lung, throat, stomach, and bladder cancer.
* increased risk of infections like bronchitis and pneumonia
 |

\* Emphysema: Is a disease that occurs when the tiny air sacs in the lungs lose their elasticity, or ability to stretch.

Nicotine and Addiction

A D D I C T I O N

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: is the body’s physical or mental need for a drug or other substance.
	* Addiction causes users to depend on the substance in order to feel good.
	* Addiction is one of the hardest addictions to break.
	* People who try to break their nicotine addiction may experience unpleasant

symptoms.

Examples:

* + 1. Shakiness
		2. Headache
		3. Nervousness
		4. sleeping problems.

Other Forms of Tobacco

1. Cigarettes are not the only delivery system for tobacco. Tobacco smoke is also brought into the body through other products.

Examples:

1. Cigars
2. Pipes
3. Bidis- Hand rolled, flavored cigarettes
4. Smokeless tobacco- Chewed or inhaled