THE EFFECTS OF TOBACCO USE

Lesson 1
Tobacco Use- A Serious Health Risk

• Nicotine
  • Tobacco users find it difficult to quit because it contains an **addictive drug**, which is a substance that causes physiological or psychological dependence
  • All tobacco products contain **nicotine**, which is the addictive drug found in tobacco leaves
  • Nicotine is classified as a **stimulant**, a drug that increases the action of the central nervous system, the heart and other organs
  • Nicotine raises blood pressure, increases heart rate and contributes to heart disease and stroke
Cigarette Smoke- A Toxic Mixture
• Not only is tobacco addictive but the smoke from burning tobacco is toxic
• The Environmental Protection Agency classified environmental tobacco smoke, or secondhand smoke as a Group A carcinogen, the most dangerous class of carcinogen
• A **carcinogen** is a cancer causing substance
Tar and Carbon Monoxide

- Cigarette smoke contains tar, a thick, sticky, dark fluid produced when tobacco burns.
- As tar penetrates the smoker’s respiratory system, it destroys cilia, tiny hairlike structures that lines the upper airways and protect against infection.
• Tar damages the alveoli, or air sacs, which absorb oxygen and rid the body of carbon dioxide
• It also destroys lung tissue, making the lungs less able to function
• Lungs damaged are more susceptible to diseases such as bronchitis, pneumonia, emphysema and cancer.
• **Carbon monoxide**, another compound found in cigarette smoke, is a colorless, odorless and poisonous gas
• It increases the risk of high blood pressure, heart disease and hardening of the arteries
Harmful Effects of Smokeless Tobacco

- **Smokeless tobacco** is tobacco that is sniffed through the nose, held in the mouth, or chewed.
- Contains nicotine in addition to 28 carcinogens, which is all absorbed into the blood through the mucous membranes or the digestive tract.
• Because smokeless tobacco is often held in the mouth for a length of time, it delivers both nicotine and carcinogens to the body at levels that can be 2 to 3 times the amount of a single cigarette.

• It irritates the mouth’s sensitive tissues, causing leukoplakia, thickened, white, leathery-looking spots on the mouth that can develop into oral cancer.
Cancers of the throat, larynx, esophagus, stomach and pancreas are also more common among users of smokeless tobacco.
Short-Term Effects of Tobacco Use

- Changes in brain chemistry
- Increased respiration and heart rate
- Dulled taste buds and reduced appetite
- Bad breath and smelly hair, clothes and skin
Long-Term Effects of Tobacco Use

• Chronic bronchitis
  • Repeated tobacco use can damage the cilia in the bronchi until they no longer function

• Emphysema
  • A disease that destroys the tiny air sacs in the lungs making it difficult to breath

• Lung cancer
  • When the cilia in the bronchi are destroyed, extra mucus cannot be expelled, cancerous cells grow in these conditions and move to the lungs

• Coronary heart disease and stroke
  • Nicotine constricts blood vessels, which can lead to hardened arteries, a condition called arteriosclerosis
Other Consequences

• Legal consequences
  • A student may be suspended or expelled for bringing tobacco products on campus
  • Selling tobacco products to any one under 18 is illegal
• Social consequences
  • Many people find secondhand smoke and use of tobacco to be offensive
  • Having bad breath, yellowed teeth and stained fingers may harm someone's social life
• Financial Consequences
  • Someone who smokes a pack a day can spend more than $3,000 a year on cigarettes