

Tobacco Notes Textbook
Chapter 14 pg.226

- Tobacco and alcohol are often first 2 mood altering substances the youths try.
- only a couple of restrictions that prevent young people from buying them.
- People give many reasons why they might or have tried either of them.
 - curiosity
 - people they like and respect do it
 - they don't see how it will do any harm
 - people in positions of authority have told them not to do it.
- some do not because they are aware of the addiction risks or consequences. Someone in their family had a bad experience or just do not want to spend the money to support the liquor and tobacco industries.
- Tobacco-shredded, dried leaf of the tobacco plant: can be smoked in cigarettes, cigars, pipes or chewed.
- Tobacco is the only natural source of nicotine.
- more than 4000 chemicals in tobacco smoke. Many are harmful industrial chemicals like carbon monoxide, benzene, formaldehyde, ammonia, cadmium, nickel, nicotine.
- tobacco forms a tar causes a variety of health problems, 40 of them are carcinogens that cause cancer.
- average age a person smokes their first full cigarette is 13 years old.
- the % of students who smoke increases significantly with age, tolerance increases very quickly to get the same high.
- smoking causes over 40,000 deaths every year in Canada-over 21% of all deaths in Canada.

Did you know:

-Unless they quit, up to half of all smokers will die from smoking, most before their 70th birthday. Don't forget the suffering years up to their death.

-average smoker dies 8 years earlier than a similar non smoker.

-Ontario, 44 people die every day as a result of smoking.

16,000 people a year/average in that one province.

-Health Canada estimates that over 50% of today's 15 year old smokers will die before 70.

-Short Term Effects:

-because nicotine is sooooo addictive experimentation is risky.

-1 cigarette: heart rate, blood pressure and breathing all go up/increase.

-1st time smokers may feel dizzy, diarrhea, heavy coughing and vomiting.

-reduces fitness and athletic ability

-Smokers breath/yellow teeth, dry stinky fingers, etc.

Anatomy of a Cigarette:

-Tar (also found on paved roads and roofs)

-Nicotine (comes from the tobacco plant and is carcinogenic)

-Carbon Monoxide (found in exhaust from cars)

-Methane (sewer gas fumes)

-Formaldehyde (used to preserve dead bodies)

-Hydrogen cyanide (used in dyring and explosives)

-Benzene (toxic and a known carcinogen)

-Cadmium (batteries)

-Arsenic (poison)

-Methanol (rocket fuel)

-Stearic acid (candle wax)

-Butane (lighter fluid)

-Acetic acid (vinegar)

-Lead (paint)

-Toluene (industrial Solvent)

-Ammonia (toilet bowl cleaner)

-Long Term Effects:

- Most smokers are physically and psychologically dependent.
- Major Health Risks:
 - Cancer of the lungs, mouth and throat; Respiratory disease; heart attack; stroke; stomach ulcers.
- increase blood pressure; reduces vitamin C levels; keeps skin wounds from healing normally, decreases bodies ability to fight disease. Some damage can be permanent.

Cardiovascular Disease:

- diseases and injuries to the heart and blood vessels(veins and arteries)
- 18,000 Canadians die each year from cardiovascular disease
- 35% of all Canadian deaths result from Cardiovascular disease
- the supply of oxygen and nutrients carried by blood is slowed or blocked.
- smoking makes the heart work harder.

Cancers:

- 13,000 deaths a year due to lung cancer
- 50% of lung cancer patients die within 5 years.
- cancer of oral cavity, bladder, throat, cervix, intestine etc.

Respiratory Diseases:

- 9,000 deaths a year
- Attacks our lungs and other parts of the body that we use to breathe.
- difficulty being physically active.
- more likely to develop respiratory infections like common colds and pneumonia.

Dental Health:

- more likely to lose some or all their teeth
- to have decayed or yellow stained teeth, gum disease.

Reproductive Systems:

Male:

- decrease sperm count
- decreases sperm movement
- lowered sex drive

Female:

- affects menstrual cycle
- increase risk of cervical and breast cancer
- leads to low birth weight babies
- can affect infant growth, intellectual development and behavior

Skin:

- increases dryness
- speeds up aging of skin
- causes wounds to heal slowly

Other forms of Tobacco Use:

- Chew, Pipes and cigars have a higher risk of developing mouth and lip cancer. Use stay in mouth longer is why.
- Light cigarettes do not necessarily mean less nicotine. Many have to take more puffs or smoke more in order to get same nicotine levels.

Second Hand Smoke:

- also known as ETS (environmental tobacco smoke), or Passive Smoking.
- Canada now outlaw smoking within and in some cases outside public premises.
- Health Canada est. more than 1,000 deaths from heart attacks and lung cancer in Canadian non smokers each year are caused by second hand smoke.
- Kids whose parents smoke tend to have more ear infections, chest infections and other lung problems like asthma.

Things to remember!!!

- Leading preventable cause of premature death
- 40,000 Canadians aged 35 or over die each year. 2/3 are men.
- on average males smoke more cigarettes a day than women.
- Smokers cost employers on average \$2,565 a year more than a non smoker.
- More common in people who have been unemployed for a long time.
- No cigarettes are good cigarettes.
- However there are more Canadians who have quit compared to the number who currently smoke.
- two-thirds of cigarette smoke goes into the air.
- Tobacco companies target youths to get them hooked for life. More easily persuaded but it is a more dangerous time because teens are still growing so much at that age.
- Smoking damages your lungs' natural cleaning and repair system and traps cancer-causing chemicals in your lungs.
- Smoking destroys the tiny hairs (cilia), which line the upper airways and protect against infection.
- Smoking permanently damages the alveoli (air sacs) in the lungs, making it hard to breathe.
- The alveoli, little air sacs at the tips of your lungs, are built like tiny, stretchy balloons.
- As you breathe in, your alveoli help you absorb oxygen into your body, and as you breathe out, alveoli help get rid of the waste gas carbon dioxide. (Carbon dioxide is a harmful gas that's also found in car exhaust fumes.)
- Smoke damages you lungs so much that your alveoli become less stretchy.
- This means it's harder for your lungs to take in the oxygen you need and harder to get rid of carbon dioxide.
- When the alveoli are damaged like this, you can feel short of breath and tired.
- Your heart has to pump much harder to give your body the oxygen it needs.

- Just remember if you are a smoker or become one it is never too late to quit. NEVER!

Support groups:

- Guidance, www.stupid.ca, Quit 4 Life, Help Lines, www.gosmokefree.ca.