

## Chapter 14

### Lesson 1 Tobacco Products: An Overview

#### Objectives

- **Identify** three chemicals found in cigarettes.
- **Describe** how nicotine from smokeless tobacco enters the bloodstream.
- **List** four smokable tobacco products besides cigarettes.



Chapter menu

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## Chapter 14

### Lesson 1 Tobacco Products: An Overview

#### Start Off Write

Why do you think smoking is a health risk?



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## Chapter 14

### Lesson 1 Tobacco Products: An Overview

#### Tobacco and Cigarettes

- **Nicotine** Tobacco products contain nicotine. Nicotine is a highly addictive drug found in all tobacco products.
- **Other Dangerous Chemicals** Two dangerous chemicals in cigarette smoke are carbon monoxide and tar. Carbon monoxide is a gas that makes it hard for oxygen to reach the blood. Tar is a sticky substance that can coat the airways and can cause cancer.



Chapter menu

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## Chapter 14

### Lesson 1 Tobacco Products: An Overview



**Myth:** Tobacco is not as dangerous as alcohol or other drugs are.

**Fact:** More deaths are caused by tobacco use every year than by the use of all other drugs combined—including people killed in alcohol-related car accidents.

When a person inhales cigarette smoke, thousands of chemicals enter the lungs.



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## Chapter 14

### Lesson 1 Tobacco Products: An Overview

#### Smokeless Tobacco

- **Chewing Tobacco** Chewing tobacco can be loose or pressed together to form a small bunch.
- **Snuff** Snuff is more powdery than chewing tobacco and is either loose or wrapped in a pouch.



Chapter menu

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## Chapter 14

### Lesson 1 Tobacco Products: An Overview

#### Other Tobacco Products

- **Pipes, Cigars, and Cloves** Most tobacco products contain similar chemicals. Pipe tobacco, cigars, and clove cigarettes are smokable tobacco products.
- **Bidis** Bidis are unfiltered cigarettes that are wrapped in brown leaves and tied with thread. They come in flavors, such as strawberry and chocolate.



Chapter menu

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## Chapter 14

### Lesson 2 Tobacco's Effects

#### Objectives

- **Describe** immediate and chronic effects of smokable and smokeless tobacco.
- **Describe** the effects of environmental tobacco smoke.
- **Explain** how tobacco affects social and emotional health.



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## Chapter 14

### Lesson 2 Tobacco's Effects

#### Start Off Write

How can smoking affect a person's social health?



Chapter menu

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## Chapter 14

### Lesson 2 Tobacco's Effects

#### Early Effects of Smoking

- **Chronic Effects** Many of the early effects of smoking are chronic. A chronic effect is a consequence that remains with a person for a long time.
- **Some Chronic Effects** Bad breath, persistent coughing, excess mucus, and discolored teeth occur shortly after a person begins smoking. Because of tar and carbon monoxide in tobacco products, smokers soon experience shortness of breath and impaired physical abilities.



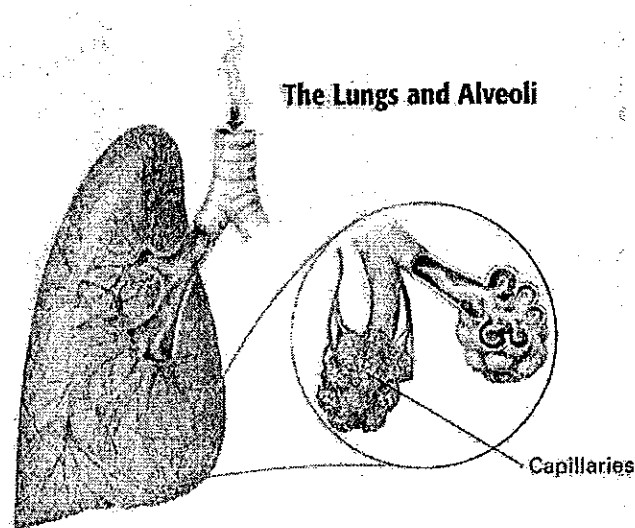
Chapter menu

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## Chapter 14

### Lesson 2 Tobacco's Effects



Chapter menu

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## Chapter 14 Lesson 2 Tobacco's Effects

### Effects of Smokeless Tobacco

- **Gum Disease** In addition to bad breath and yellow teeth, smokeless tobacco can cause gum disease soon after a person begins to use them.
- **Cancer** After a person uses smokeless tobacco for a while, white sores often appear in the mouth and on the gums. Eventually, these sores may become cancerous and require surgical removal.



Chapter menu

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## Chapter 14 Lesson 2 Tobacco's Effects

### Environmental Tobacco Smoke

- **ETS** The mix of exhaled smoke and smoke from the end of lit cigarettes is called environmental tobacco smoke (ETS).
- **Effects of ETS** Nonsmokers who breathe ETS can experience some of the same health problems that affect smokers.



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## Chapter 14 Lesson 2 Tobacco's Effects

### Reducing Tobacco's Effects

- **Smoking Laws** Until recently, smoking was permitted in most buildings in the United States. Once people understood the dangers of ETS, many cities made laws against smoking in public places.
- **Stop Using Tobacco** A more effective way to reduce the effects of tobacco is for people to stop using it. This would reduce the effects on both nonsmokers and people who use tobacco.



Chapter menu

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## Chapter 14 Lesson 2 Tobacco's Effects

### Contact Lenses

Sidestream smoke is smoke that escapes from a burning cigarette. This smoke can coat contact lenses with nicotine and tar, making the lenses irritate the eyes. Washing the nicotine and tar off the lenses is difficult because these chemicals can be absorbed into the lenses.

ETS may affect people in nonsmoking areas if the smoking areas are not fully enclosed by walls and doors.



Chapter menu

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## Chapter 14 Lesson 2 Tobacco's Effects

### Social and Emotional Health Effects

- **Losing Friends** Tobacco use can put friendships in danger. Some friends may be uncomfortable around people who are using tobacco.
- **Emotional Difficulties** Some smokers also have emotional difficulty because they know that they are risking their health. Being unable to stop smoking can be confusing and frustrating.



Chapter menu

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## Chapter 14 Lesson 3 Tobacco, Disease, and Death

### Bellringer

List all of the respiratory diseases that you know of.  
Place a check mark next to the diseases that you think may be caused by smoking.



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