

Factors that lead to tobacco use

- ☞ stress
- ☞ social pressures
- ☞ advertising/media
- ☞ family/friends

Tobacco Products

- ☞ cigarettes
- ☞ cigars
- ☞ pipes
- ☞ smokeless tobacco

Harmful substances in tobacco

1. nicotine (pg 406-407)

- causes experimentation and occasional use to become regular user = addictive
- deadly poison
- releases adrenaline
 - speeds up heart rate
 - blood vessels constrict
 - feel more alert

2. carbon monoxide (pg 408)

- deadly gas = car exhaust
- picked up by body's red blood cells
- moves more easily than oxygen through blood stream = less oxygen to the brain
- impairs vision and hearing
- affects judgment
- causes shortness of breath

3. tars (pg 409)

- tiny particles in smoke that create sticky mixture in air passages and lungs
- contains carcinogens = cause lung cancer
 - Paralyzes cilia that helps filter lungs
- causes chronic cough
- makes one more vulnerable to infection

Health Problems Associated with Tobacco Use

- heart disease
 - damages lining of arteries = atherosclerosis
 - raises blood pressure
- chronic lung disease
 - bronchitis
 - emphysema
- stroke
 - reduces oxygen levels to brain

- cancer
 - leading cause in USA
 - lung, oral, larynx
- allergies
 - inflamed/swollen sinuses
- common cold
- influenza
- pneumonia
- gum and teeth disorders
 - tooth decay/loss
 - chronic bad breath
 - stained teeth
 - gum disease

Mainstream smoke = inhaled from cigarette by smoker then exhaled

Sidestream smoke = from the burning end of the cigarette, not filtered by cigarette or smoker

Withdrawal Process

Withdrawal symptoms – uncontrolled reaction when a person stops using a controlled substance

- 2-3 days after quitting - most of nicotine is out of system
- within one week – nicotine is completely gone
- psychological dependency – much more challenging to overcome
- psy. dep. – factors depend on individual to determine success
 - will power
 - commitment to quit
 - access to tobacco

Benefits of quitting tobacco use

➤ Physical Benefits

- within 24 hours of quitting
 - levels of nicotine and carbon monoxide in bloodstream drop rapidly
 - blood vessels are not constricted
 - blood pressure is lowered
 - oxygen in bloodstream is increased
- within a few days
 - chronic cough begins to clear up
 - breathing becomes easier
- long term
 - reduce risk of heart disease, chronic lung disease, stroke, cancer
 - within two years-lungs = nonsmoker
 - food taste better
 - sense of smell improves
 - sleep better
 - healthier skin b/c bloodflow

- teeth and finger stains fade
- clothing and breath smell better
- Psychological Benefits
 - sense of accomplishment
 - overcome tobacco = mental crutch

Quitting Techniques (pg 419)

- "cold turkey"
- gradually reducing amount smoked
- group programs
- nicotine substitutes (gum, patch)