

Name: _____

Class: Health Education

Date: _____

KWL CHART (ABOUT TOBACCO)

K

WHAT YOU ALREADY
KNOW

W

WHAT YOU WANT TO
LEARN

L

WHAT YOU LEARNED

Tobacco Vocabulary

1. Nicotine

Definition: A colorless, poisonous alkaloid, derived from the tobacco plant and used as an insecticide. It is the substance in tobacco to which smokers can become addicted.

- a. Causes release of adrenaline
- b. Adrenaline increases heart rate, constricts blood vessels which increase blood pressure

2. Carbon Monoxide

Definition: A colorless, odorless, highly poisonous gas, CO

- a. Effects vision and hearing
- b. Shortness of breath
- c. Greater affinity for hemoglobin than oxygen

3. Tars

- a. Stick to mucous membranes
- b. Contain carcinogens
- c. Cause emphysema

4. Experimental Use

- a. First few times may be unpleasant
- b. Either stop or continue
- c. May begin to feel a "lift"

5. Occasional Use

- a. Only certain times
- b. Danger of addiction

6. Regular Use

- a. Body accustomed to daily pattern of nicotine
 - b. Physical need to satisfy craving
 - c. Psychological behavior associated with smoking
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The Long Term Health Effects Of Smoking Tobacco

Mouth, Lip, Throat, Larynx

- increased risk of cancer
- inflammation, laryngitis

Respiratory System

- bronchitis
- emphysema (chronic obstructive pulmonary disease)
- lung cancer

Circulatory System

- heart disease
- heart attack
- high blood pressure
- coronary artery disease (poor circulation in the legs causing ulcers, pain, and sometimes the need for amputation)

Bones

- brittle bones (osteoporosis)

Immune System

- depressed immune response
- increased infections

Pregnancy and Babies

- lower than average birth weight
- high risk of Sudden Infant Death Syndrome
- increased risk of premature birth
- higher increased risk of miscarriage and still births
- increased risk of impairment in mental and physical development
- nicotine carried to baby in breast milk

Brain

- increased risk of brain hemorrhage (stroke)
- women using contraceptive pill have an even greater risk of stroke

Stomach and Intestines

- lining becomes tender
- bleeding
- ulcers, slow to heal
- may lead to cancer

Pancreas, Kidney and Bladder

- increased risk of cancer

Reproductive System Male and Female

- decreased sperm count and movement
- lowered sex drive
- egg damage, irregular menstrual cycle and altered hormone levels
- cancers of the cervix, penis and anus
- early onset of menopause
- increased risk of breast cancer

