Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health 9

**Tobacco**

*Glencoe Health*

1. addictive drug (543)

2. nicotine (543)

3. stimulant (543)

4. carcinogen (543)

5. tar (543)

6. carbon monoxide (543)

7. smokeless tobacco (544)

8. leukoplakia (544)

9. List 3 short term effects of tobacco use: (545)

a.

b.

c.

10. Explain each of the Long Term Effects of Smoking: (545)

1. Chronic bronchitis
2. Emphysema
3. Lung cancer
4. Coronary artery disease & stroke
5. Weakened immune system

11. Explain each of the other consequences of tobacco use: (546)

a. costs to society

b. cost to individuals

c. legal consequences

12. List 2 reasons why teens use tobacco: (548)

a.

b.

13. List 5 reasons why there may be a reduced tobacco use among teens: (549)

a.

b.

c.

d.

e.

14. List 3 benefits of living tobacco free: (550)

a.

b.

c.

15. List 3 strategies for avoiding tobacco: (550)

a.

b.

c.

16. List 3 reasons for quitting tobacco use: (551)

a.

b.

c.

17. nicotine withdrawal (551)

18. nicotine substitutes (551)

19. tobacco cessation program (551)

20. Environmental tobacco smoke (ETS) (553)

21. mainstream smoke (553)

22. sidestream smoke (553)

23. What does SIDS stand for? (554)

24. List 2 health risks of ETS to young children: (555)

a.

b.