


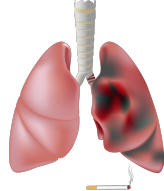
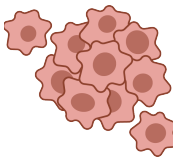



CONCEPT: HEALTH EFFECTS OF SMOKING AND VAPING

- ◆ About _____ of tobacco-related deaths are attributable to _____ (smokable) products.
 - Out of the many chemicals in tobacco smoke, at least _____ are known carcinogens.
- ◆ Vaping is linked to _____ lung damage and cardiovascular diseases.
 - Heating in e-cigarettes produces _____.

Health Effects of Smoking and Vaping			
1. Blood Pressure		2. Fatigue	
	<ul style="list-style-type: none"> ▸ Constricts blood vessels. ▸ _____ Blood pressure and pulse rate. 		<ul style="list-style-type: none"> ▸ _____ in smoke impairs oxygen transport. ▸ Causes breathlessness.
3. Cardiovascular Diseases		4. Lung Diseases	
	<ul style="list-style-type: none"> ▸ Accelerates atherosclerosis. ▸ _____ Risk of stroke and heart attack. 		<ul style="list-style-type: none"> ▸ _____ accumulation in the lungs. ▸ COPD: Emphysema, chronic bronchitis, and asthma. ▸ Some flavorings are linked to "popcorn lung".
5. Lung and Other Cancers		6. Sexual Dysfunction	
	<ul style="list-style-type: none"> ▸ Primary cause of lung cancer. ▸ _____ Risk of pancreatic cancer. 		<ul style="list-style-type: none"> ▸ Erectile dysfunction in men. ▸ _____ Fertility in women.

EXAMPLE

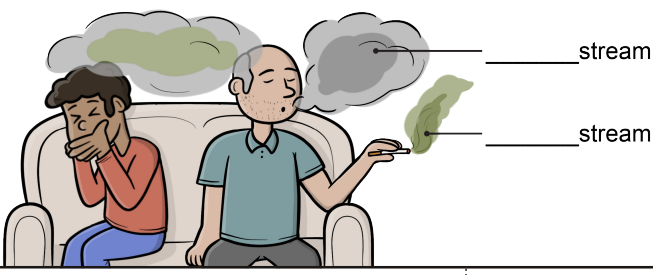
Which of the following health conditions cannot be attributed to smoking?

- a) High blood pressure and irregular heartbeat.
- b) Breathlessness due to carbon monoxide inhalation.
- c) Increased risk of pancreatic cancer.
- d) Development of cystic fibrosis.

CONCEPT: HEALTH EFFECTS OF SMOKING AND VAPING

Environmental Tobacco Smoke

- ◆ ETS (_____ smoke) enters the atmosphere from burning of tobacco and from exhalation by smokers.
 - ▶ **Involuntary/Passive Smoking:** Inhalation of tobacco smoke by individuals other than the smoker.
 - Causes _____ lung cancer and _____ heart disease-related deaths per year.

Environmental Tobacco Smoke	
	<ul style="list-style-type: none">▶ Mainstream Smoke: Exhaled by smokers.<ul style="list-style-type: none">- _____ toxic than sidestream smoke.▶ Sidestream Smoke: Produced at the burning end of a cigarette.<ul style="list-style-type: none">- Higher _____ levels than the mainstream smoke.- ____ Nicotine & tar - ____ levels of carcinogens
<ul style="list-style-type: none">▶ Poses severe health risks for adults.<ul style="list-style-type: none">- _____ Risk of atherosclerosis.- ____ Risk of all-cause mortality.	<ul style="list-style-type: none">▶ Children are particularly vulnerable.<ul style="list-style-type: none">- _____ Colds, flu, and other acute respiratory infections.- 15,000 Hospitalizations each year.

EXAMPLE

Which of the following is not true about ETS?

- a) A person sitting next to a smoker is only vulnerable to the effects of mainstream smoke.
- b) ETS increases the risk of developing atherosclerosis.
- c) Children exposed to ETS have an increased risk of hospitalization due to respiratory diseases.
- d) Unlike mainstream smoke, sidestream smoke is unfiltered and contains higher amounts of nicotine and tar.

PRACTICE

Which of the following is not a cause of respiratory problems in smokers?

- a) Disruption of normal lung function by nicotine.
- b) Narrowing of airways in the lungs.
- c) Tar accumulation inside the lungs.
- d) Carcinogenic substances in tobacco smoke.
- e) Carbon dioxide inhalation.