

Tobacco & Your Health Workbook

Instructions: Read and follow the instructions on each page. The entire packet must be completed and returned by the sentence completion date. Incomplete work will not receive credit!

Name: _____

Case: _____

Date: _____

HERNANDO COUNTY YOUTH COURT

20 North Main Street, Room 219
Brooksville, FL 34601
(352) 540-6263 Fax: (352) 754-4235
Email: jheyne@circuit5.org

Cigarette Facts

- Smoking is addicting.
- Smoking damages your heart.
- Smoking damages your lungs.
- Over time, smoking can cause:
 - Death
 - Lung disease
 - Cancer
 - Heart disease.

Smoking is addicting

Nicotine, a substance found in cigarettes, is highly addicting. Even a few cigarettes every day for a week may make your body crave cigarettes. If you are addicted and a cigarette is not available, you may experience jitters, headaches, dizziness, and depression. Nicotine is toxic in large quantities.

More than a third of all kids who ever try smoking a cigarette will become regular daily smokers before leaving high school.

While only 3% of all daily smokers in high school think that they will be smoking at all in 5 years, over 60% are still regular daily smokers 7-9 years later.

Symptoms of addiction, such as having strong urges to smoke, feeling anxious or irritable and having unsuccessfully tried not to smoke – can appear in young kids within weeks or only days after occasional smoking first begins, and well before daily smoking has even started.

Cigarette smoke is a collection of over 4,000 chemicals, including fingernail polish remover, cyanide (a poisonous gas), formaldehyde (a chemical preservative), 400 poisons, and at least 60 distinct cancer causing chemicals. It also contains tar, a mixture of solid particles that combine to form a sticky brown substance that can stain teeth and clog lungs.

Smoking damages your heart

Even if you smoke only one or two cigarettes, you will experience an increase in your heart rate. Your blood pressure will rise, your blood vessels will constrict, and the bloodstream level of carbon monoxide increases.

Smoking damages your lungs

Each cigarette you smoke breaks down lung tissue and diminishes lung capacity. Smoking even one or two cigarettes causes lung tissue to break down. Even if you are a moderate smoker (less than a pack a day), your ability to breathe in deeply without hurting your lungs is greatly diminished.

Over time, smoking can cause

Death Smoking is the number one preventable cause of death in the nation. It kills an estimated 440,000 Americans every year.

More people die from cigarette smoking and related illness than die from AIDS, alcohol, traffic crashes, illicit drugs, murder, suicide and fires combined.

Smoking is responsible for one of every 5 deaths in the United States.

On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.

Each day, more than 3,000 kids become regular smokers, more than 1 million kids a year. Roughly one-third of them will eventually die from a tobacco-related disease.

Lung diseases Smokers are far more likely to get pneumonia, chronic bronchitis and emphysema.

Cancer Over 85% of lung cancers are caused by smoking, and each year over 150,000 people die from lung cancer.

Smoking is associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney, stomach, bladder, and some leukemia.

Tobacco is the single biggest cause of cancer and accounts for more than half of all deaths in smokers.

Heart disease Smokers' risk of heart attack is more than two times that of non-smokers.

Smokers who have a heart attack are more likely to die from suddenly from that heart attack – within an hour – than non-smokers. No cigarettes are safe. Scientists have found no evidence that smoking low-tar and low-nicotine cigarettes reduces the risk of coronary heart disease.

Wrinkles A 1996 study at the University of Utah, Department of Dermatology, found that smokers' faces show more wrinkling at an earlier age than those of non-smokers. Researchers have found evidence that an underlying biochemical process interferes with the body's ability to break down old skin and renew it.

Smoking can get you into trouble

All states have laws prohibiting the sale of tobacco to youth under the age of 18. Smoking at school violates school rules on most campuses.

Smoking has immediate effects on your body

- It increase your pulse rate and makes your blood pressure rise.
- It lowers your skin temperature.
- It lowers your physical endurance.
- Smokers' babies weigh less and more of them die.
- Smoking during pregnancy accounts for an estimated 20-30% of low-birth weight babies, up to 14% of pre-term deliveries, and 10% of all infant deaths.
- Even apparently healthy, full-term babies of smokers have been found to be born with narrowed airways and decreased lung function.
- Smokers become disabled more often than do non-smokers.
- Smokers become ill more often and lose more days from work than do non-smokers.
- Smokers are more apt than non-smokers to suffer chronic conditions that limit their activity.
- The tobacco industry spends billions to get you to smoke.
- The Campaign for Tobacco Free Kids reports that annual tobacco industry spending on marketing its products nationwide has reached \$15.4 billion or over \$42 million each day.
- Additionally, annual tobacco industry contributions to federal candidates, political parties, and PAC's total over \$3 million with another \$20 million spent annually to lobby Congress.

Smokers who quit get immediate health benefits.

- 20 minutes after quitting your heart rate and blood pressure drop.
- 12 hours after quitting, the carbon monoxide level in the bloodstream declines within twelve hours.
- Headaches and stomach aches caused by smoking disappear.
- Stamina and vigor improve.
- Food tastes and smells better.

Smokers who quit get long-term health benefits.

Giving up cigarettes reduces the excess of dying prematurely.

- 3 years after quitting, the risk of death from heart attack is about the same as someone who has never smoked.
- 10 years after quitting the lung cancer death rate is about half that of a continuing smoker. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease is one-third that of a smoker.
- 20 years after stopping, the ex-smoker’s risk of dying prematurely from lung cancer is close to that of someone who has never smoked.
- Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having low birth weight babies to that of women who never smoked.

Should smoking be against the law? If so, what would you do to ensure that smoking was prohibited. If not, why not?

Would you be in favor of some smoking restrictions, and if so, in what situations would you restrict smoking?

Do you prefer to date someone who smokes or is a non-smoker, and why?

If you ever have children, would you want them to smoke? Why or why not?

What is Smokeless Tobacco?

You don't smoke it. You don't swallow it. All you do is slosh it around in your mouth and spit out the brown juices every few seconds. OK, so it actually is pretty disgusting, but so what? After all, it's called smokeless or chewing tobacco. That means you chew it and spit it, not smoke it, so it can't be as bad as inhaling tobacco smoke into your lungs, right?

Wrong ... unfortunately, smokeless doesn't mean harmless. The fact is, chewing tobacco is every bit as dangerous as smoking it.

Smokeless tobacco, also called spit tobacco, chewing tobacco, chew, chaw, dip, plug, and probably a few other things, comes in two forms: snuff and chewing tobacco.

Snuff is a fine grain tobacco that often comes in teabag-like pouches which users "pinch" or "dip" between their lower lip and gum. Chewing tobacco comes in shredded, twisted, or "bricked" tobacco leaves that users put between their cheek and gum. Whether it's snuff or chewing tobacco, you're supposed to let it sit in your mouth and suck on the tobacco juices, spitting often to get rid of the saliva that builds up. This sucking and chewing allows nicotine, which is a drug you can become addicted to, to be absorbed into the bloodstream through the tissues in your mouth. You don't even need to swallow.

Who Chews?

As many as 20% of high school boys and 2% of high school girls use smokeless tobacco, according to the Centers for Disease Control and Prevention. Of the 12 to 14 million American users, one third are under age 21, and more than half of those developed the habit before they were 13. Peer pressure is just one of the reasons for starting the habit. Serious users often graduate from brands that deliver less nicotine to stronger ones. With each use, you need a little more of the drug to get the same feeling.

So What's the Danger?

Just like smoking cigarettes, chewing smokeless tobacco can eventually rip apart your body and kill you. It's that simple, really. There's no such thing as a "safe" tobacco product.

Take Bill Tuttle, for example. An outfielder for the Detroit tigers, the Kansas City Athletics (before they moved to Oakland), and the Minnesota Twins, Tuttle chewed tobacco for most of his career. In fact, a lot of Tuttle's baseball cards over the years pictured him with a cheek bulging with chewing tobacco. Thirty-eight years after the end of his baseball career, Tuttle had a more ominous bulge in his cheek – a huge tumor that was so big that it came through his cheek and extended through his skin. Doctors removed the tumor, along with much of Tuttle's face. Chewing tobacco has a young man had cost him his jawbone, his right cheekbone, a lot of his teeth and gum line, and his taste buds. Cancer caused by his chewing habit finally claimed him in 1998, but Tuttle spent the rest of his life trying to steer young people, as well as grown athletes, away from smokeless tobacco.

Other baseball players have met a similar fate. Even one of the greatest of all time, Babe Ruth, was fond of dipping and chewing tobacco. He died at age 52 of an oropharyngeal tumor, which is a cancerous tumor in the back part of the throat.

But of course, it isn't just baseball players who learn to regret their choice to start chewing tobacco. According to the Centers for Disease Control and Prevention, each year, about 30,000 Americans learn they have mouth and throat cancers, and nearly 8,000 Americans die of these diseases. Sadly, only about half of people diagnosed with mouth or throat cancer survive more than 5 years.

What Can Chewing Tobacco Do to Me?

The more immediate effects can disrupt your social life: bad breath and yellowish-brown stains on your teeth. You'll also get mouth sores (about 70% of spit tobacco users have them). But it gets a lot more serious than that. Consequences of chewing and spitting tobacco include:

- Cracking and bleeding lips and gums
- Receding gums, which can eventually make your teeth fall out
- Increased heart rate, high blood pressure, and irregular heartbeats, all leading to a greater risk of heart attacks and brain damage (from a stroke)
- Cancer.

Oral cancer means cancer of the mouth and can happen in the lips, tongue, floor of the mouth, roof of the mouth, cheeks, or gums. It's been medically proven that long-time use of chewing tobacco can lead to cancer. But cancer from chewing tobacco doesn't just occur in the mouth. Some of the cancer-causing agents in the tobacco can get into the lining of your stomach, your esophagus, and into your bladder.

Cigars

People who smoke cigars regularly get serious diseases and die from them. In fact, long term cigar smoking doubles your chance of dying from heart disease. The risk of lung cancer and death from cancer of the esophagus is 2-5 times higher in cigar smokers than in non-smokers; death from cancer of the oral cavity is 3-8 times more likely, and the risk of death from cancer of the larynx is 10 times higher.

Cigar smoke contains more carbon monoxide, ammonia, and nitrogen oxides than cigarette smoke. And, a "stogie" has as much nicotine as several cigarettes. (Nicotine is the drug found in tobacco that causes addiction). When cigar smokers inhale, nicotine is absorbed as rapidly as it is with cigarettes. For those who don't inhale, it is absorbed more rapidly through the lining of the mouth.

Cigars are a major source of second-hand smoke and because of the kind of tobacco and the manufacturing process of cigars, many of the concentrations of carcinogens are higher than for cigarette smoke.

Consider that it can take as long as forty-five minutes to an hour to smoke a cigar, compared to just a few minutes for a cigarette. Now, the exposure to second-hand smoke both for the smoker and those around the smoker becomes very significant.

Second-hand smoke

Second-hand smoke, also known as passive smoking or environmental tobacco smoke, comes from two places: smoke breathed out by the person who smokes, and smoke from the end of a burning cigarette, cigar or pipe.

More than 4,000 chemical compounds have been identified in tobacco and tobacco smoke. Tobacco smoke includes at least 60 different carcinogenic substances. Some of these compounds are tar, carbon monoxide, hydrogen cyanide, ammonia, benzene, formaldehyde, phenols and nicotine.

Non-smokers who are exposed to second-hand smoke absorb all of these chemicals just as smokers do. Because they are unfiltered, the concentrations of carcinogens in second-hand smoke are up to 100 times higher than in smoke inhaled directly through cigarettes and cigars.

Exposure to second-hand smoke causes over 3,000 deaths from lung cancer among non-smokers in the United States each year, and is linked to as many as 60,000 fatal heart attacks annually.

Separating smokers and non-smokers within the same air space may reduce, but does not eliminate, non-smokers exposure to second-hand smoke.

Herbal Cigarettes and Smoking Blends

Alternatives to cigarettes have become popular among teens and adults who are try to quit cigarettes.

Herbal cigarettes have been marketed since 1997 and are gaining in sales. Instead of tobacco and nicotine, they contain catnip, wild lettuce, damiana, passion flower and marshmallow.

Herbal cigarettes are often promoted as a safe alternative to tobacco smoking. However, a 2000 ruling by the Federal Trade Commission required makers of tobacco-free herbal cigarettes to stop making claims that “no additives” means a safer cigarette unless they had scientific proof that it was true. Manufacturers are required to prominently disclose on packages and ads that “Herbal cigarettes are dangerous to your health. They produce tar and carbon monoxide.”

Bidis are unfiltered, flavored (strawberry, vanilla, chocolate, cherry, raspberry and mango) cigarettes from India. They look like marijuana joints and contain higher levels of tar, nicotine and carbon monoxide than regular cigarettes.

Bidis are hand-rolled by women and children, and, according to a report by Human Rights Watch of New York, Indian bidi manufacturers employ several hundred thousand children as underpaid “bondage slaves,” some earning as little as 15 cents a day to roll 1,000 bidis.

Flavored cigarettes in colorful wrappers have been introduced under the Camel and Kool brands.

Kreteks are Indonesian cigarettes containing approximately 60% tobacco and 40% shredded clove buds. Exposure to tar nicotine, and carbon monoxide is higher from clove cigarettes than from regular cigarettes.

Eugenol, the major active ingredient in cloves, has been used as a dental anesthetic for years. It has been associated with severe illnesses of the lungs and symptoms related to the respiratory tract. Because the back of smokers’ throats may be anesthetized by eugenol, smokers may inhale more deeply and may not feel the harshness.

The Cost of Smoking

The annual cost of tobacco use is more than \$50 billion in direct medical costs, for a total of \$97 billion in health care costs and lost productivity.

Smokers pay twice as much for life insurance and will die an average of over 12 years sooner than non-smokers.

Depending on where you live in the United States, a habit of one pack per day can cost up to \$2000 per year.

If instead of smoking two packs per day for 50 years, you could have had an estimated \$1,000,000 if you invested in a major tobacco company.

If you smoke a pack of cigarettes per day at \$3.50 per pack, how much money would you spend over the course of a year? _____

If you didn't smoke, what could you spend that money on?

Tobacco Knowledge Quiz

1. Smoking can cause the following cancers:
 - a. Mouth and tongue
 - b. Voice box
 - c. Lung
 - d. Stomach
 - e. All of the above

2. The chances of developing lung cancer if you smoke is approximately?
 - a. No difference from a non-smoker
 - b. About one chance in ten-thousand
 - c. About one chance in a thousand
 - d. About one chance in a hundred
 - e. About one chance in ten

3. If you smoke, the amount you pay for life insurance will be:
 - a. Doubled
 - b. Increased by 50%
 - c. Increased by 10%
 - d. Unchanged

4. According to the USMC, tobacco kills more people every three years than:
 - a. All of the US soldiers who died in all of the US wars combined
 - b. All of the US soldiers who died in Vietnam
 - c. All of the US soldiers who died in the Korean War
 - d. All of the US soldiers who died in World War II
 - e. All of the US soldiers who died in World War I

5. If you developed lung cancer, your chances of dying are?
 - a. About 5% with treatment
 - b. About 10% with treatment
 - c. About 50% with treatment
 - d. About 90% with treatment

6. What is the number of chemicals in cigarettes which are carcinogens (can cause cancer)?
 - a. One
 - b. Four
 - c. Six
 - d. Over 60

7. Tobacco kills more people each year than:
 - a. Murders & Suicides
 - b. Fires
 - c. AIDS
 - d. Car Crashes
 - e. Drug Abuse
 - f. All of the above combined

8. The average cigarette smoker starts to smoke ...
 - a. In the 8th grade
 - b. In the 10th grade
 - c. In the 12th grade
 - d. In college
 - e. After college

9. Tobacco is as addicting as ?
 - a. Caffeine
 - b. Alcohol
 - c. Heroin and crack cocaine

“Why do I Smoke” Quiz

If you know the answer to this question, it will be easier to stop smoking because you can find ways to make up for the things you may miss when you stop.

Most people smoke for different reasons at different times. Reasons for smoking include emotion issues, habits, social pressure, and physical dependence on nicotine. The following quiz will help you decide which reasons are important in your smoking.

Next to the following statements, mark the number that best describes your own experience.

5=Always 4=Most of the time 3=Once in a while 2=Rarely 1=Never

- A _____ I smoke to keep myself from slowing down.
- B _____ Handling a cigarette is part of the enjoyment of smoking it.
- C _____ Smoking is pleasant and relaxing.
- D _____ I light up a cigarette when I feel angry about something.
- E _____ When I am out of cigarette, it's near torture until I can get some more.
- F _____ I smoke automatically, without even being aware of it.
- G _____ I smoke when people around me are smoking.
- H _____ I smoke to perk myself up.
- I _____ Part of my enjoyment from smoking is preparing to light up.
- J _____ I get pleasure from smoking.
- K _____ When I feel uncomfortable or upset, I light up a cigarette.
- L _____ When I'm not smoking a cigarette, I'm very much aware of this fact.
- M _____ I often light up a cigarette while one is still burning in the ashtray.
- N _____ I smoke cigarettes with friends when I am having a good time.
- O _____ When I smoke, part of the enjoyment is watching the smoke as I exhale.
- P _____ I want a cigarette most often when I am comfortable and relaxed.
- Q _____ I smoke when I am sad and want to take my mind off what's bothering me.
- R _____ I get a real hunger for a cigarette when I haven't had one in a while.
- S _____ I've found a cigarette in my mouth and haven't remembered it was there.
- T _____ I always smoke when I am out with friends at a party, bar, etc.
- U _____ I always smoke cigarettes to get a lift.

Now score yourself

Step 1: Transfer the numbers from the quiz to the scorecard that follows by matching up the letters. For example, take the number you wrote for Question A on the quiz and enter it on line A of the scorecard.

Step 2: Add each set of 3 scores on the scorecard to get the total for each different category. For example, to find your score on the "Stimulation" category, add together the scores for questions A, H and U.

The score for each category can range from a low of 3 to a high of 15. A score of 11 or above on any set is high and means that your smoking is probably influenced by that category. A score of 7 or below is low and means that this category is not a primary source of satisfaction to you when you smoke.

"Why Smoke" Scorecard

"It stimulates me."

You feel that smoking gives you energy and keeps you going. Think about alternative ways to boost your energy, such as brisk walking or jogging.

_____ A
_____ H
_____ U
_____ "Stimulation" Total

"I want something in my hand."

There are a lot of things you can do with your hands without lighting up a cigarette. Try doodling with a pencil, or playing with putty or a stress toy.

_____ B
_____ I
_____ O
_____ "Handling" Total

"It feels good."

You get a lot of physical pleasure from smoking. Various forms of exercise or other activities can be effective alternatives.

_____ C
_____ J
_____ P
_____ "Pleasure/Relaxation" Total

"It's a crutch."

It can be tough to stop smoking if you find cigarettes comforting in times of stress, but there are many better ways to deal with stress.

- _____ D
- _____ K
- _____ Q
- _____ "Crutch/Tension" Total

"I'm hooked."

In addition to having an emotional addiction to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. Talk with your doctor about using nicotine replacement therapy (gum, patch, inhaler, nasal spray) to control your withdrawal symptoms.

- _____ E
- _____ L
- _____ R
- _____ "Craving/Addiction" Total

"It's part of my routine."

If cigarettes are merely part of your routine, stopping should be relatively easy. One key to success is being aware of every cigarette you smoke. Keeping a smoking diary is a good way to do this.

- _____ F
- _____ M
- _____ S
- _____ "Habit" Total

"I am a social smoker."

You smoke when people around you are smoking and when you are offered cigarettes. It is important for you to avoid these situations until you are confident about being a non-smoker. If you cannot avoid a situation in which others are smoking, remind them that you are a non-smoker.

- _____ G
- _____ N
- _____ T
- _____ "Social Smoker" Total

Final Project

Your final project in this workbook is to create ONE of:

- **An anti-smoking slogan with a brief essay on the dangers of smoking**
- **Draw an anti-smoking art project.**

Print your slogan and essay below, and attach your art project.