

Smoking and Health 14.4

Date _____

Last Name _____ First _____ period ____

1. True or false? Smoking is not harmful to your respiratory system. _____
2. How many different chemicals are found in tobacco smoke?
 - a. What are the 3 most dangerous chemicals found in tobacco smoke?

3. What is tar and what are the dangers if tar gets into your respiratory system?
 - a. Tar is a _____ residue that forms when tobacco burns.
 - b. Tar settles on the _____ that line the trachea when smoke is inhaled.
 - c. Tar can cause cilia to _____ together. This hampers their function.
 - d. Tar contains _____ that cause _____.
4. What is carbon monoxide and what is the danger of inhaling it into your respiratory system?
 - a. Carbon _____ is a colorless odorless _____ which is a product of burning tobacco.
 - b. CO binds to _____ just as oxygen does.
 - c. Red blood cells carrying carbon monoxide can't carry _____.
 - d. A smokers heart must beat _____ and work _____ to overcome this predicament.
5. What is nicotine and why does nicotine make it harder for smokers to quit smoking?
 - a. _____ is a drug that _____ up activity of the nervous system, heart and other organs.
 - b. Nicotine is physically _____ to people.
 - c. After a period of regular smoking, a person _____ the intense _____ for nicotine.
 - d. Smokers have a _____ time _____ due to this addiction.
6. If cilia have a difficult time sweeping mucus away, what can be the result?
 - a. Cilia can't sweep away mucus which causes frequent _____.
 - b. _____ build up _____ air flow in respiratory passages.
 - c. Smokers can become _____ of _____ during exercise.
 - d. Over time smokers can develop chronic _____, _____, and lung _____.
7. What is bronchitis?
 - a. _____ is an _____ of the respiratory passages caused by the build up of _____.
 - b. Persistent bronchitis can cause _____ to the bronchial tubes
 - c. Chronic bronchitis is often associated with _____ of disease causing micro-organisms.

8. What is emphysema?
- Chemicals in _____ can cause permanent damage to lung - _____ and the breathing passages.
 - Lung damage is _____ even if the smoker quits smoking.
 - Smokers with emphysema have difficulty breathing and sometimes require a _____.
9. How many people in America die each year from lung cancer? _____
- How many different chemicals in tobacco smoke are known to cause cancer?

 - If cancerous growths and tumors continue to grow in the lungs, what could be the end result?

10. How can smoking harm the circulatory system?
- Chemicals from tobacco get into the blood and are _____ into the _____ tissue in the blood vessels.
 - _____ substances build up on the inside vessel walls leading to _____.
 - Compared to non-smokers, smokers are more than _____ as likely to have heart attacks.
 - Damage to the respiratory system makes the circulatory system _____
11. What can long term exposure to 2nd hand smoke lead to?
12. How many Americans smoke?
13. Why do people smoke? Make a list.