Why people abstain from tobacco?

1. Health
   a. Bad breath
   b. Bad odor on clothes and hair
   c. Poor complexion
   d. Discolored teeth, fingers, and fingernails
   e. Wrinkled skin
   f. Bone loss around the teeth
   g. Tooth decay
   h. Receding gums
   i. Sore throat
   j. Watery eyes
   k. Impaired sense of smell and taste

2. Extracurricular activities
   a. Athletics
   b. Play musical instrument

3. Social Pressures
   a. Family
   b. Peers
      These people are role models and often offer advice on how to avoid life’s everyday pressures

4. Anti-tobacco Advertising
   a. Newspaper
   b. Magazine
   c. Television

Most people who become addicted to tobacco start during their teenage years. 80% of all adults introduced to tobacco as a teenager are still addicted.

Why people start tobacco use?

1. Social Pressures
   - The dangers of tobacco do not seem real to people, because they may not see the poor health in family members and friends.
      a. Family members
         i. 90% of all children who grow up in a smoking parent are more likely to take up the smoking habit.
      b. Friends
         i. Feel part of the group
         ii. Peer Pressure
c. Tobacco advertising
   i. Billboards, newspapers, magazines, etc.
   ii. Presents a healthy and glamorous lifestyle

1971 tobacco advertisement was ban from television and radio.
1986 smokeless tobacco advertisements were banned.

Tobacco and its chemicals:

Physical reactions to tobacco use:
1. Rapid heart beat
2. Dizziness
3. Watery eyes
4. Coughing spells
5. Nausea

Chemicals in Tobacco:
4,000 different chemicals found in tobacco
1,000 are known to be dangerous
(Refer to the insert and page 472 on tobacco chemicals)

The most dangerous substances:
1. Nicotine
2. Tar
3. Carbon Monoxide

Nicotine – is the drug in tobacco that may act as a stimulant and cause addiction

Drug – is any chemical that causes changes in a person’s body and behavior

Stimulant – is a drug that speeds up the activities of the central nervous system, the heart and other organs

Addiction (tolerance) – dependence on a drug

Nicotine in its pure form can kill a person by paralyzing their breathing muscles (diaphragm)
Nicotine enters the lungs, where it is immediately absorbed into the bloodstream. Seconds later it reaches the brain and then chemical changes begin to happen:

1. Heart beats faster  
2. Skin temperature drops  
3. Blood pressure rises  
4. Blood vessels constrict

Beginning smokers on the first inhalation may experience the following:

1. Rapid pulse  
2. Clammy skin  
3. Nausea  
4. Dizziness  
5. Tingling feet and hands  
(The degree of reaction varies from person to person)

Tolerance (addiction) begins to develop when a smoker begins to experience a lift, which can occur after the second or third cigarette:

**Lift** – physical reaction to the chemicals in nicotine

The higher the tolerance level the more nicotine needed to produce this lift.

1972 was the first year that a Surgeon General (the country’s highest medical authority report was published.

- Considers nicotine an addicting drug just like heroin and cocaine

Tobacco addict who goes without nicotine for a period of time may experience nicotine withdraw.

**Nicotine withdrawal** – is a reaction to the lack of nicotine in the body.

Symptoms:

1. Headache  
2. Increased coughing  
3. General feeling of illness  
4. Intense carving for tobacco  
5. Nausea  
6. Irritability  
7. Restlessness  
8. Vomiting

Refer to diagram on page 473

**Tar** – a dark, sticky mixture of chemicals that is found when tobacco burns

1. Turns finger nails and teeth yellow  
2. Sticks to the cilia in the respiratory tract  
   a. Cilia – hair-like structures that sweeps away dust particle and other foreign particles away from the lungs
1958 is the first report came out which announces that tobacco products contained carcinogens (cancer causing agents)

Carbon monoxide – a poisonous, colorless, and odorless gas found in tobacco smoke

The more carbon monoxide in the blood the less oxygen in the blood, which results in:

1. Hard for oxygen blood to get to the muscles and organs
2. The heart works harder but accomplishes less
3. Shortness of breath

**Chemicals in Smokeless Tobacco:**

Smokeless tobacco - is tobacco that is chewed or sniffed through the nose

**There are two kinds of smokeless tobacco:**

1. Chewing tobacco – is poor-quality tobacco leaves mixed with molasses or honey and placed between the cheek and gums
2. Snuff – is finely ground tobacco that may be held between the lower lip and teeth or sniffed through the nose

Smokeless tobacco contains many of the same harmful chemicals found in tobacco smoke, including the high addictive drug nicotine:

One can of snuff delivers as much nicotine as 60 cigarettes (3 packs)

(Read the story on Sean Marsee)

**Long term effects of tobacco**

Tobacco users increase their chances of cardiovascular and respiratory disease, lung cancer and other forms of cancer each time they use tobacco.

- 400,000 Americans die each year from tobacco related products, that is more than 1,000 people every day
- Worldwide smoking related problems would kill 1 out of 5 people.
Cardiovascular disease – diseases of the heart and blood vessels

1. Kills over 115,000 tobacco users each year
   - A smoker is three times more likely to suffer a heart attack than a nonsmoker
   - A heart attack is five to ten times more likely to kill a smoker than a nonsmoker

2. The damage that nicotine, tar, and carbon monoxide causes:
   - Force the heart to work harder to delivery oxygen.
   - Blood vessels weaken
   - High blood pressure
   - Nicotine promotes buildup of fatty material on walls of blood vessels
   All the above can result in the heart attack

Respiratory diseases – damage to he cilia in the air passages

1. As tar destroys the cilia that line the respiratory tract, dust, foreign particles, and mucus accumulate in the air passages causing a coughing effect.

2. When coughing does not clear the passageways any more mucus fills the airways and Chronic Bronchitis will develop (is a condition in which the bronchial tubes become swollen and clogged with mucus

3. Emphysema is a breathing disorder in which the small air sacs in the lungs lose their ability to expand and contract

4. Cancer is an area of uncontrolled cell growth that invades the surrounding tissue and destroys it.
   1. In the USA lung cancer is the most deadly form of cancer
   2. 87% of all deaths caused by lung cancer are related to smoking
   3. Oral cancer is cancer of the mouth, throat and tongue
      - Common among cigar/pipe smokers and smokeless tobacco users.
   4. Leukoplakia – hard, white leathery patches or sores that form on the inside of the mouth

Tobacco use and Pregnancy:

Tobacco smoke...
- Increases baby’s heart rate
- Reduces the baby’s oxygen supply
- Slows cells growth
- Decreased weight
Smoking can result in:
1. Premature births
2. Miscarriages
3. Still births

Other physical effects:
1. People who use tobacco are in poorer health
2. Illness such as colds, allergies, gum disease, influenza and pneumonia are more common
   - Which result in a constant runny nose, sore throat and headaches
3. Smokeless tobacco contain high levels of salt which result in high blood pressure also contains sand and grit that destroys the surfaces of the teeth along with sugar that causes tooth decay
4. Smoking increases the individuals chance of developing an ulcer (open sore in the lining of the stomach)
5. Fire is another health hazard posed by smoking. Fires caused by careless smokers kill about 1,700 people and injure thousands

Financial Costs to Society:
$50 to $100 billion per year, these costs include both those who smoke and those nonsmokers who involuntary breathe smoke from burning tobacco

- $ The cost of threatening tobacco related diseases
- $ The loss of earnings from illness and early death
- $ The price of lost productivity due to absenteeism caused by smoking related illnesses
- $ The cost of fire damages, injuries, and death caused by careless smokers
- $ Increased cost of health and fire insurance
- $ The cost of installing special air filters or new air conditioning systems

Passive Smoking:

- Passive smoker is a person who involuntary breathe cigarette smoke

Smoke enters the air from two sources:
1. Mainstream smoke
   - Which smokers inhale into their lungs and then exhale into the air
2. Sidestream smoke
   - Is the smoke that goes directly into the air from a burning tobacco
- Sidestream smoke contains higher concentration of some harmful chemicals and is more harmful to the passive smoker than mainstream smoke
- Twice as much tar and nicotine in sidestream smoke than mainstream smoke and three times as much carbon monoxide

Herbal cigarette – is a cigarette made from plant materials other than tobacco
- Still produces tar and carbon monoxide

**Quitting Tobacco use:**
- In this country more than 50 million people smoke
- Nine out of ten smokers want to quit
- Quitting smoking is not easy but there is benefits to quitting
  1. Reduction of blood pressure
  2. Decrease in pulse rate
  3. Carbon monoxide levels drop
  4. Oxygen levels increase
  5. Cilia will begin to grow back
  6. Raspy voice and coughing eventually disappears
     (See chart on 484 for more benefits)

**Tips for Quitting:**
- Most people quit on there own
- Some people seek professional help

**Methods:**
- “Cold turkey” works for some people where as some people need to quit gradually
- Nicotine gum is a chewing gum containing nicotine that allows a person to quit smoking tobacco without experiencing withdrawal symptoms
- Nicotine patch is a patch which supplies the body with 24 hour nicotine that is absorbed through the skin

**Tobacco Free Lifestyle:**
- Enhances your quality of life
  - *Quality of life* – the degree of overall satisfaction that a person gets from life.
- Living without tobacco frees you to enjoy the full potential of a healthy body.