Study Guide – Tobacco

**Vocabulary**
Carbon monoxide
Carcinogen (Carcinogenic)
Cessation
Nicotine
Smokeless tobacco
Tar
Tobacco

**Important Concepts**
What are the different ways that tobacco can be used?

About what percentage of US adults are smokers? How many of them started smoking before the age of 23?

Which ethnic group has the highest smoking rates?

What are the 3 major chemicals that are naturally released from tobacco as it burns?

Are other chemicals added to cigarettes? How many?

Be able to list effects of smoking on the body (short-term and long-term, “inner” and “outer”)

How does nicotine affect the brain? What about the rest of the body? (What hormone is released?)

About how much tar is taken in during 1 year by a pack-a-day smoker?

How does carbon monoxide affect the body?

Know the major diseases associated with smoking. How might these relate to genetics?

How do cigars and smokeless tobacco differ from cigarettes (method of ingestion, effects, dangers, etc.)

Is second-hand smoke as bad as first-hand smoke?

Be able to list and describe methods for smoking cessation. Which combination seems to be the most successful?