**Smoking Study Guide**

* The 1982 Surgeon General's Report stated that **"Cigarette smoking is the major single cause of cancer mortality in the United States."**
	+ This statement is as true today as it was in 1982.
* Smoking is responsible for nearly 1 in 5 deaths in the United States. **Smoking is the most preventable cause of premature death in our society.**
* How is tobacco used?
	+ Chewing tobacco
	+ Cigars
	+ Cigarettes
	+ Snuff
	+ Water pipes
	+ Roll your own cigarette
* Smoking causes poor overall health, mental health problems, and depression
* Nicotine is the drug in cigarettes that causes the addiction
* Although 70% of smokers want to quit and 35% attempt to quit each year**, less than 5% succeed.**
* Young people start because:
	+ Peer pressure
	+ Energetic
	+ Feel older
	+ Like how it looks
	+ Addicted
	+ Curiosity
	+ Model celebrities
	+ Parents
	+ Something to do
	+ Relax
* Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined.
* Each year about 440,000 people die in the United States from illnesses related to cigarette smoking.
* Adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.
* What is in a cigarette?
	+ Carbon Monoxide car exhaust
	+ Nicotine pesticide
	+ Ammonia floor cleaner
	+ Arsenic white ant poison
	+ Butane lighter fluid
	+ Hydrogen Cyanide poison used in gas chambers
	+ DDT insecticide
	+ Acetone paint stripper
	+ Cadmium car batteries
	+ Methanol rocket fuel
	+ Formaldehyde preservative for dead bodies
	+ Hydrazine rocket fuel
	+ Naphthalene moth balls
	+ Tar
* 3 main ingredients are: carbon monoxide, nicotine, and tar
* Mainstream Smoke: Smoke a smoker inhales and exhales
* Sidestream Smoke: Smoke that goes into the air from a cigarette
* Passive Smoke: Secondhand smoke
* What happens when carbon monoxide enters the body?
	+ Carbon monoxide binds to the hemoglobin, which takes place of the oxygen, so less oxygen gets transported to body tissues and organs
* Smoking causes:
	+ Mouth cancer
	+ Throat cancer
	+ Bladder cancer
	+ Emphysema: holes in lung, destroys elasticity of air sacs
	+ Stroke
	+ Heart attack
	+ Chronic bronchitis
	+ Gastric ulcers
* Healthy lung= pink smokers lung= black, holes
* Babies of mothers who smoke while pregnant:
	+ Low birth weight
	+ Premature
	+ Miscarriage
	+ Respiratory problems
	+ Mental health problems
* How do cigarette companies attract smokers?
	+ Target what's popular -Use celebrities
	+ -Make it look cool -Make flavors
	+ -Use false data