**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