Lesson 1 The Health Risks of Tobacco Use

Directions: Use the following outline to help organize your notes as you read through the lesson.

Key Concept

Consider and Reconsider Before reading the lesson, write a sentence describing why it is so difficult for some individuals to quit smoking. After you have finished reading, use what you have learned to rewrite your sentence.

<table>
<thead>
<tr>
<th>Before Reading</th>
<th>After Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

New and Academic Vocabulary

Write the correct vocabulary term under each definition.

1. a cancer-causing substance

2. the addictive drug found in tobacco leaves

3. a colorless, odorless, and poisonous gas

4. a substance that causes physiological or psychological dependence

5. thickened, white, leathery spots on the inside of the mouth that can develop into oral cancer

6. a thick, sticky, dark fluid produced when tobacco burns

7. a group or set of ten
8. a drug that increases the action of the central nervous system, the heart, and other organs

9. tobacco that is sniffed through the nose, held in the mouth, or chewed

---

**Toxic Substances in Tobacco Products**

I found this information on page(s) ______.

List three toxic substances found in tobacco products and briefly **describe** how each one affects the body.

<table>
<thead>
<tr>
<th>Substance</th>
<th>Affects</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Pipes, Cigars, and Smokeless Tobacco**

I found this information on page(s) ______.

Identify some of the evidence to support the claim that pipes and cigars are just as dangerous, if not more so, than cigarettes.

---

**Harmful Effects of Tobacco Use**

I found this information on page(s) ______.

List four short-term effects of tobacco use.

1. 
2. 
3. 
4. 

List five health problems caused by long-term tobacco use.

1. 
2. 
3. 
4. 
5. 

---

**Other Consequences of Tobacco Use**

I found this information on page(s) ______.

List three other consequences of tobacco use.

1. 
2. 
3. 