

# The Dangers of Smoking

- What is smoking
- Where does tobacco come from?
- What are cigarettes?
- Why is smoking bad for you?
- The health effects of secondhand smoke
- What makes it so addictive?
- E-Cigarettes
- Why is it so difficult to quit smoking?



# TeachWithFergy

## Preview File

Please enjoy this preview of your Student Version of the lesson. I've created this PDF for ease of viewing and to decrease the file size but of course, your lesson will be in PowerPoint format.

- Some slides appear blank because they have been removed.
- Student versions have portions of the text removed which is given in the teacher version and appear as \_\_\_\_\_
- Other slides may have ..... on them, this represents writing that has been removed.

# What is smoking?

- **Smoking** is the inhalation and exhalation of smoke from cigarettes, cigars, and other tobacco products
- \_\_\_\_\_
- Smoking is one of the leading preventable causes of death



# Where does tobacco come from?

- Tobacco leaves are grown in at least 124 of the world's countries
- \_\_\_\_\_
- China is the world's leader in tobacco production
- In the United States,  
.....



Tobacco plant

# What are cigarettes?

- A cigarette is a thin cylinder of tobacco wrapped in paper that is smoked.
- Cigarettes contain many ingredients that can be very harmful to your body including:
  - Arsenic: This is used to preserve wood.
  - Cadmium: A metal used to make batteries.
  - Polonium-120: This is an element that is known to cause cancer.
  - Nicotine: A chemical found in tobacco that is highly addictive. \_\_\_\_\_



**THIS SLIDE HAS BEEN REMOVED**

# Why is smoking bad for you?

- \_\_\_\_\_
- It can cause cancer, strokes, heart diseases, lung diseases, and many more health complications
- According to the American Lung Association, approximately 90% of males and 80% of females that died from lung cancer were smokers



# Why is smoking bad for you?

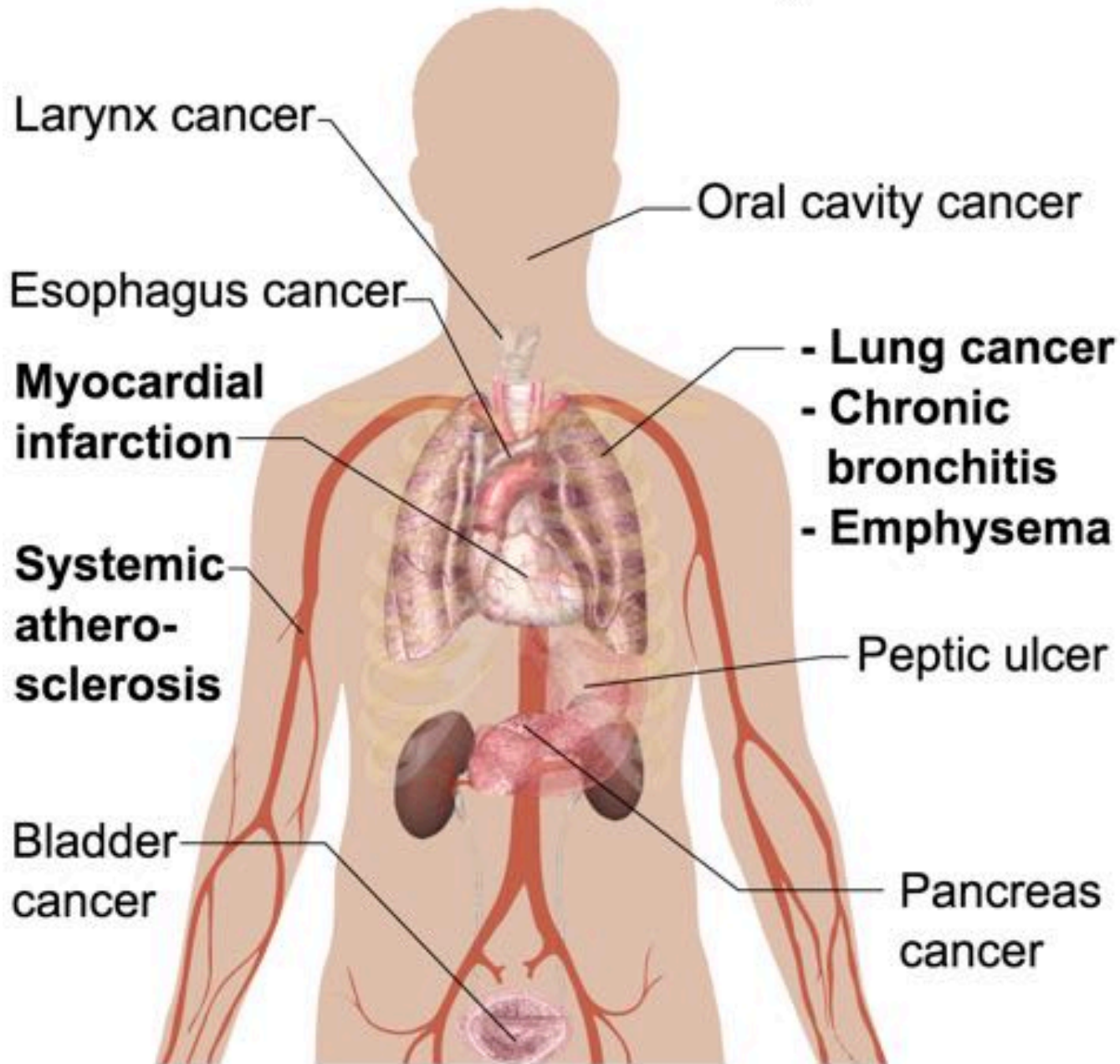
- Men who smoked are 23 times more likely to develop lung cancer. Women are 13 times more likely compared to people who never smoked
- Smoking also increases the chances of someone .....
- If you're lucky enough to avoid cancer, there's still \_\_\_\_\_



Photo of a cancerous lung.  
The white area is the cancer.  
Photo credit: Emmanuelm



Common adverse effects of  
**Tobacco smoking**



# Did you know?

- 

---

- Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%



**IN SLIDESHOW MODE, CLICK THE  
IMAGE TO SEE HOW VIDEOS ARE  
EMBEDDED**

# What is secondhand smoke?

- **Secondhand smoke** is smoke from a tobacco product that is inhaled by nonsmokers when they are near people who are smoking

- \_\_\_\_\_



**THIS SLIDE HAS BEEN REMOVED**

# What are the health effects of secondhand smoke?

- In children, secondhand smoke can cause ear infections, frequent and severe asthma attacks, and **respiratory** infections

- \_\_\_\_\_



IN SLIDESHOW MODE, CLICK THE  
IMAGE TO SEE HOW VIDEOS ARE  
EMBEDDED

# **What are the health effects of secondhand smoke?**

- “Nonsmokers have a 20-30 percent greater chance of developing lung cancer if they are exposed to secondhand smoke at home or at work” (American Lung Association).

# Lung Cancer Facts:

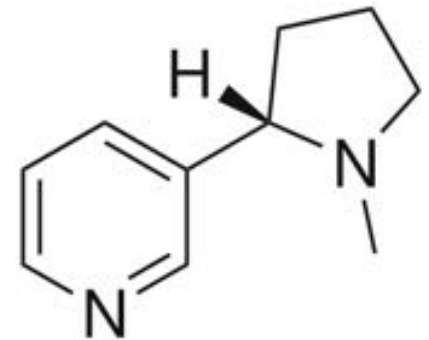
- An estimated 158,080 Americans are expected to die from lung cancer in 2016
- The National Institutes of Health estimates that lung cancer costs the U.S. \$13.4 billion per year
- .....
- However, only 16 percent of lung cancer cases are diagnosed at an .....

**THIS SLIDE HAS BEEN REMOVED**

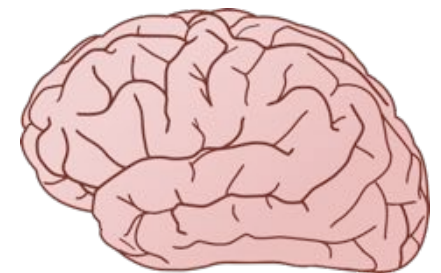


# What makes smoking so addictive?

- \_\_\_\_\_
- This increase in dopamine does not last long and needs to be replenished throughout the day
- This constant need to replenish dopamine level is what makes nicotine so addictive.



The structure of nicotine



# What are E-Cigs?

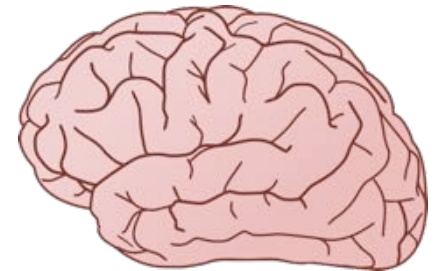
- E-Cigs or Electronic Cigarettes are devices that vaporize (makes into a gas) an e-liquid that is inhaled
- .....
- The liquid consists of nicotine that is extracted from tobacco and is mixed with other chemicals



**THIS SLIDE HAS BEEN REMOVED**

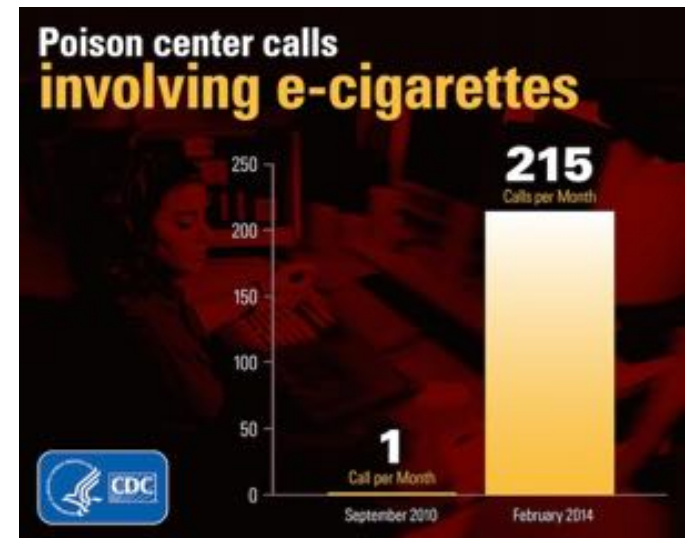
# Are E-Cigs Less Dangerous?

- E-Cigs are a new thing
- They claim to have less harmful chemicals than regular cigarettes and are safer to smoke while still increasing the levels of dopamine in your brain



# Are E-Cigs Less Dangerous?

- \_\_\_\_\_
- As with anything new, the long-term effects are unknown but there is some evidence already that e-cigs can be harmful



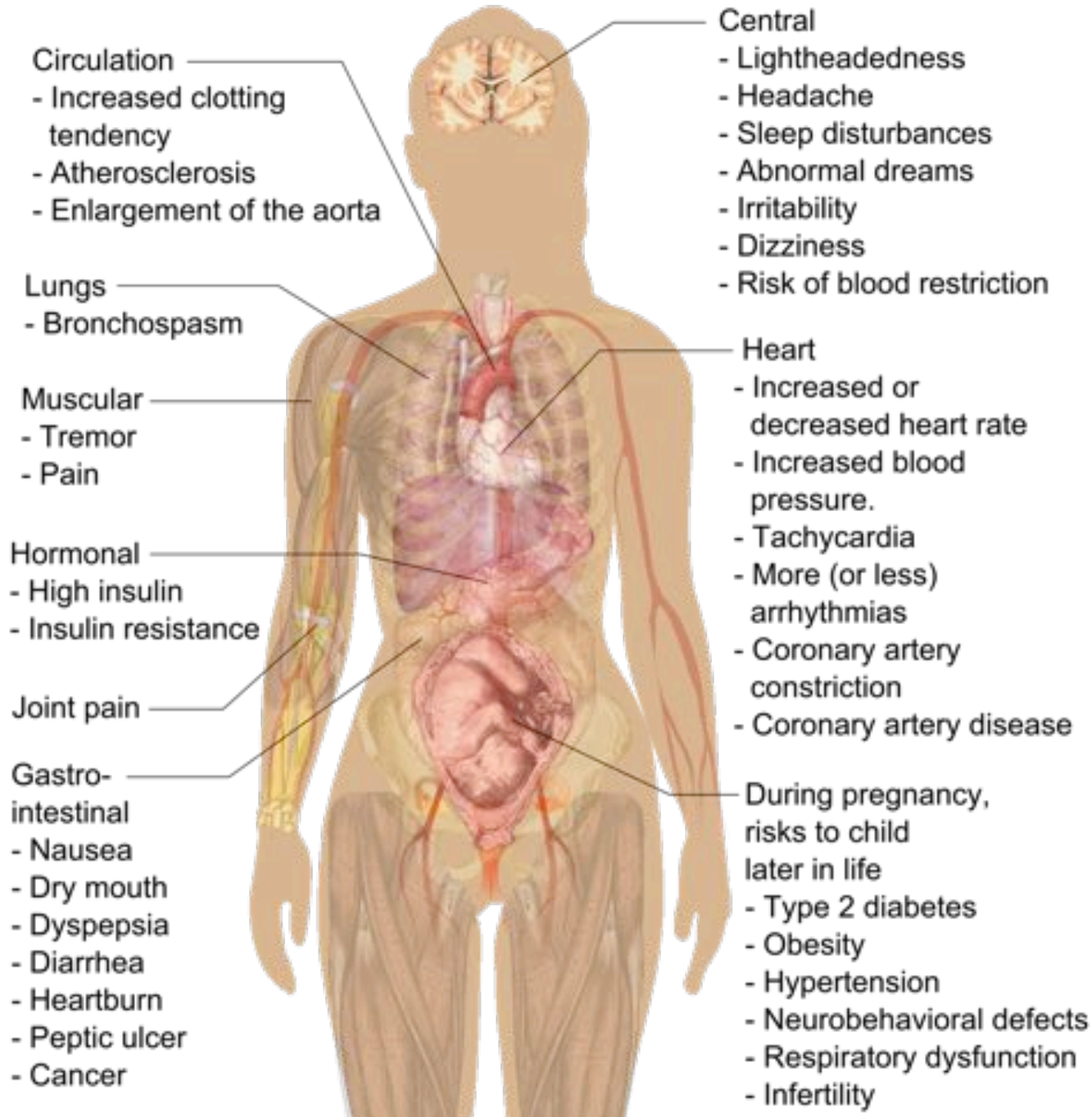
# Are E-Cigs Less Dangerous?

- Even if they are safer, they are still highly addictive and \_\_\_\_\_

- Effects include .....



# Side effects of nicotine



**THIS SLIDE HAS BEEN REMOVED**



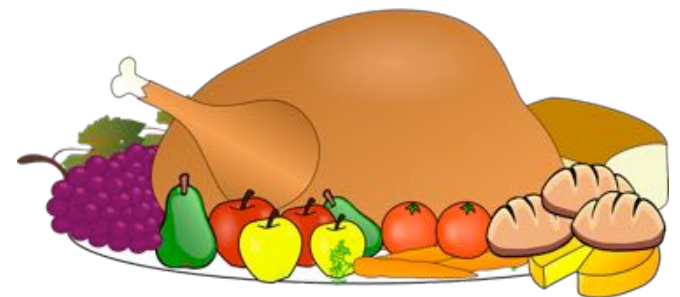
**THIS SLIDE HAS BEEN REMOVED**

# How to quit smoking

Quitting smoking can be one the most difficult things someone can do. Those that can't shouldn't be considered weak.

1. \_\_\_\_\_ This means you simply stop smoking without any aids. This works for about 4-7% of people.

2. Let others know. When you tell other people of your plans, you will feel more accountable so you don't let them down.



# How to quit smoking

3. Nicotine replacement therapy. Gums, patches, sprays, etc. can provide .....

4. Medications. There are certain prescription drugs that can be used.



# Smoking

- Our knowledge of smoking has changed over the years
- We now know how dangerous it really is
- New things like E-cigs are now available and you need to decide what to do
- If you're thinking of smoking, consider these 3 things

1) \_\_\_\_\_

2) The life you have will be less due to health problems. You won't be able to be as active or do some of the things you want to do.

3) Smoking will cost you more than years. It will also cost you about \$160 per week which is \$8,500 per year or \$510,000 over 60 years!



**LINK HAS  
BEEN  
REMOVED**