Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chapter 16.2 – 16.3 Notes (406-416)

1. Stimulants –
2. The dark thick sticky substance that forms when tobacco burns is known as \_\_\_\_\_\_\_\_\_.
3. List three short-term effects of tar
4. Tar contains many chemicals that are known \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or cancer-causing \_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Carbon Monoxide –
6. To make up for the shortage of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, a smoker’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and heart rates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tobacco is at least as addictive as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In fact, with each dose of chewing tobacco, a user absorbs about \_\_\_\_\_\_\_ and a \_\_\_\_\_\_ times the nicotine a person who smokes \_\_\_\_\_\_\_ cigarette.
8. Chronic Obstructive Pulmonary Disease (COPD) –
9. In people with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bronchitis, the airways are constantly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Over time, mucus-producing cells increase in \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_, producing more and more mucus.
10. Emphysema –
11. Cardiovascular disease – diseases of the \_\_\_\_\_\_\_\_\_\_ and blood \_\_\_\_\_\_\_\_\_\_\_\_\_ - kills about \_\_\_\_\_\_\_\_\_\_\_\_\_ smokers in the US every year.
12. A smoker is \_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ times more likely to have a \_\_\_\_\_\_\_\_\_\_\_ attack than a nonsmoker.
13. The combined effects of \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ monoxide force the cardiovascular system to work harder to deliver \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ throughout the body.
14. Leukoplakia –
15. Mainstream smoke –
16. Sidestream smoke – smoke that goes into the air \_\_\_\_\_\_\_\_\_\_ from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ smoke – environmental \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ smoke.
18. Pregnant women who smoke put their \_\_\_\_\_\_\_\_\_ at risk for many health problems.
19. Pregnant women who smoke also have higher rates of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ births, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than women who do not smoke.