Choosing a Tobacco-Free Lifestyle

- I will avoid tobacco use and secondhand smoke.

Tobacco products contain a drug called nicotine. You are more likely to become addicted to nicotine after using a tobacco product once than you are to become addicted to heroin after using it once. This lesson explains why you must avoid tobacco use and secondhand smoke. You will learn about techniques used to convince people to use tobacco products, skills to resist pressure to use them, and suggestions for teens who use tobacco products and want to quit.

Writing About Resisting Pressure to Smoke
Suppose that you are really stressed out. You are feeling overwhelmed by the demands of school, swim team practice, and your job. A friend tells you that smoking cigarettes is a good way to relax, and urges you to try it. What should you do? After you read the information on the dangers of smoking on page 426, write a response to this situation in your health journal.
A stimulant drug found in tobacco products—including cigarettes, clove cigarettes, cigars, chewing tobacco, pipe tobacco, and snuff—is called nicotine. Nicotine stimulates the nervous system and is highly addictive. It dulls the taste buds, constricts the blood vessels, and increases heart rate and blood pressure. When tobacco smoke is inhaled into the lungs, nicotine is absorbed into the bloodstream and quickly reaches the brain. Nicotine also can be absorbed into the bloodstream from smokeless tobacco that is placed in the mouth. When the “pick-me-up” effect of nicotine wears off, a user is motivated to use more tobacco.

**What to Know About Nicotine**

**Nicotine dependence** Many health experts and health organizations have declared that nicotine is as addictive as heroin, cocaine, and alcohol. Nicotine dependence causes more premature death and disease than all other forms of drug dependence combined. People who regularly use tobacco develop a tolerance to nicotine. They need more and more to produce the desired effect. At first, the desired effect is to feel the stimulation that nicotine causes. Later, it is to lessen the craving for nicotine. People develop a physical dependence on nicotine when the body becomes used to its effects. Psychological dependence develops when people feel the need to smoke or chew tobacco at certain times or for specific reasons.

**Nicotine withdrawal syndrome** People who try to quit using tobacco often have nicotine withdrawal syndrome. *Nicotine withdrawal syndrome* is the body’s reaction to quitting the use of tobacco products. People with nicotine withdrawal syndrome feel a craving for tobacco; may be anxious, irritable, restless, have a headache, and have difficulty concentrating; can become frustrated and angry; and have heart palpitations and an increased appetite.

**Why experimenting with tobacco is risky** Experimenting with tobacco puts you at risk for nicotine dependence. According to the Surgeon General, the probability of becoming addicted to nicotine after one exposure is higher than for other addictive substances, such as heroin, cocaine, and alcohol. Teens have a more difficult time quitting smoking than people who start smoking when they are older. A majority of adult smokers started before the age of 18. They also are more likely to become heavy smokers and to die of a disease caused by smoking.

**What is tobacco?** An herbal plant that is grown for its leaves and that contains nicotine is tobacco. It can be smoked in different forms, such as cigarettes, cigars and pipes. *Smokeless tobacco* is tobacco that is chewed or snorted, but not smoked. Chewing tobacco and snuff are forms of smokeless tobacco.
Tobacco smoke contains many harmful chemicals in addition to nicotine. Scientists estimate there are more than 4,000 different chemicals in tobacco smoke, at least 43 of which are carcinogens. A carcinogen is a chemical that is known to cause cancer. Most carcinogens in tobacco smoke are found in tar. Tar is a sticky, thick fluid that is formed when tobacco is burned. Tar irritates respiratory tissues and is a major cause of lung cancer.

Another dangerous substance that forms when tobacco is burned is carbon monoxide. Carbon monoxide is an odorless, tasteless gas. It interferes with the ability of blood to carry oxygen.

How Smoking Harms Health

**Smoking causes cancer.** Smoking causes lung cancer and increases the risk of many other types of cancer. Lung cancer kills more people than any other cancer. It is rare for someone who has never smoked to develop lung cancer. Lung cancer almost always causes death. Most people with lung cancer die within five years of learning that they have cancer.

Smoking also is a major risk factor for cancer of the throat, mouth, esophagus, pancreas, and bladder. The American Cancer Society reports that one-third of all cancer deaths are due to tobacco use. They also report that nine out of every ten lung cancer cases are caused by smoking cigarettes.

**Smoking harms the respiratory system.** Smoking prevents the lungs from working effectively. When a person smokes, tar lines the lungs and air passages. Tobacco also harms the cilia in the nose, throat, and bronchial tubes. Cilia are hair-like structures that remove dust and other particles from the air and prevent harmful substances from reaching the lungs. This increases the risk of respiratory infection. Smoking also aggravates asthma.

Smoking is a risk factor for chronic obstructive pulmonary disease (COPD), a disease that interferes with breathing. Examples of COPDs are chronic bronchitis and emphysema. Chronic bronchitis is a recurring inflammation of the bronchial tubes that causes mucus to line the bronchial tubes. This increases risk of lung infection and interferes with the ability to breathe.

A condition in which the alveoli lose most of their ability to function is
The lungs lose their ability to properly inflate and hold air. As a result, it is difficult for oxygen to be absorbed into the bloodstream. Some people with emphysema must remain in bed and use special equipment to receive an adequate amount of oxygen. Emphysema cannot be cured.

**Smoking causes cardiovascular diseases.** Smoking is a major cause of death from heart and blood vessel diseases and stroke. Smoking speeds up the development of fat deposits in the arteries and damages the inner lining of arteries. Fat deposits reduce the space in the artery through which blood can flow. The risk of developing blood clots increases.

A clot in an artery in the heart can cause a **heart attack**. A clot in the brain can result in a stroke. Smoking also is a risk factor for aortic aneurysm. An **aortic aneurysm** is a bulging in the aorta. The aorta is the main artery in the body. An aneurysm is the result of a weakening in an artery wall. The nicotine in tobacco smoke raises a person’s resting heart rate approximately 20 beats per minute. This change in heart rate and inhaled carbon monoxide places extra strain on the heart.

**Smoking causes accidents.** Cigarette smoking is a leading cause of fires. Cigarette smoking also is a factor in many motor vehicle accidents. Accidents have happened when a driver was distracted trying to light a cigarette or by dropping a lit cigarette.

**Smoking causes other health problems.** Smokers are more likely to develop gum disease and to lose teeth and supporting gum tissues. Smoking may cause or worsen ulcers in the stomach and small intestine. Smoking during pregnancy harms the developing baby. Studies show that if a female quits smoking during pregnancy, the risk of infant death, having a low birthweight baby, and delivering prema-

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**TABLE 38.1 Myths and Facts About Smoking**

<table>
<thead>
<tr>
<th>Teens Who Smoke May Convince Themselves…</th>
<th>The Truth</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I look cool when I smoke.‘&quot;</td>
<td>People who smoke have yellow teeth and dirty and stained fingernails. Their clothes stink of smoke.</td>
</tr>
<tr>
<td>&quot;It is ‘in’ to smoke.‘&quot;</td>
<td>In 2002, only 22.9 percent of high school students were current smokers. Many people will not hang out with people who smoke. They will not date a person who smokes.</td>
</tr>
<tr>
<td>&quot;My smoking doesn’t bother anyone.‘&quot;</td>
<td>Many people do not want to be around people who smoke. Many people do not want people to smoke around their children.</td>
</tr>
<tr>
<td>&quot;My favorite TV and movie stars use tobacco products.‘&quot;</td>
<td>Many celebrities and athletes do not use tobacco products. The celebrities and athletes who do use tobacco products face the same risks from tobacco use as others do. Many have died of cancer.</td>
</tr>
</tbody>
</table>

▲ Many people with emphysema need breathing assistance.
How You Can Avoid Secondhand Smoke

The following are suggestions on how to avoid secondhand smoke:

- Speak up to the person who is smoking, but be polite. Let people know that you are concerned about your health.
- Ask smokers not to smoke in indoor areas that you share.
- Encourage your family to have a nonsmoking policy for your home.
- Encourage family members who smoke to quit smoking and to go outside if they must smoke.
- Request seating in nonsmoking sections of restaurants or in public areas.

What to Know About Secondhand Smoke

A lit cigarette burns for about 10 minutes. During those 10 minutes, people who are near the smoker will breathe in secondhand smoke. Exhaled mainstream smoke and sidestream smoke are types of secondhand smoke, or environmental tobacco smoke. Passive smoking and involuntary smoking are other terms used to describe breathing in secondhand smoke. Smoke that enters the air from a burning cigarette, cigar, or pipe is sidestream smoke. Sidestream smoke has more tar, nicotine, carbon monoxide, ammonia, and benzene than mainstream smoke.

Mainstream smoke, is smoke that is directly inhaled into the smoker's mouth and lungs.

Major health risk Secondhand smoke is more than just an annoyance. The Environmental Protection Agency (EPA) has classified secondhand smoke as a Group A carcinogen, which is a substance that causes cancer in humans. Secondhand smoke is the most hazardous form of indoor air pollution. It can cause lung cancer in nonsmokers and increase their risk of developing heart disease and respiratory problems. People who already have heart disease or respiratory problems are especially affected. Secondhand smoke is a major health risk for children with parents who smoke. The children are at increased risk for ear infection, bronchitis, and pneumonia. The lungs of children exposed to secondhand smoke may not develop properly.

Protecting nonsmokers Laws are being passed to prevent smoking inside public buildings and schools and in the workplace. Airlines have restricted smoking during flights. Many businesses no longer allow smoking in their office buildings or factories.
Smokeless tobacco is manufactured and sold in two forms. Chewing tobacco is a tobacco product made from chopped tobacco leaves that is placed between the gums and cheek. **Snuff** is a tobacco product made from powdered tobacco leaves and stems that is snorted or placed between the gums and cheek. Smokeless tobacco has most of the same harmful ingredients as other tobacco products.

### What to Know About Smokeless Tobacco

**Smokeless tobacco causes nicotine dependence.** Every time people use smokeless tobacco they feel the stimulating “pick-me-up” effects of nicotine. The body becomes used to these effects, and tolerance is the result. Cravings and tolerance are both signs of nicotine dependence. Nicotine dependence makes it difficult for people to quit.

**Smokeless tobacco contains many chemicals that harm health.** Smokeless tobacco contains formaldehyde, lead, nitrosamines, cadmium, and polonium. All forms of smokeless tobacco contain carcinogens.

**Smokeless tobacco increases the risk of developing cancer.** When people use smokeless tobacco, the tobacco and its irritating juices are in contact with the gums, cheeks, and lips for long periods of time. This causes a change in the cells of the mouth. Abnormal cells in the mouth that appear as white patches of tissue are **leukoplakia.** The abnormal cells can develop into cancer. Using smokeless tobacco also increases the risk of cancer of the larynx, the pharynx, and the esophagus.

**Smokeless tobacco causes problems with the gums and teeth.** Smokeless tobacco permanently stains teeth and causes bad breath. Chewing tobacco includes particles that scratch and wear away teeth, and the sugar in smokeless tobacco mixes with dental plaque to form acids that cause tooth decay. Smokeless tobacco also can cause the gums to pull away from the teeth, exposing the roots and making them more likely to fall out.

**What to do** If you use smokeless tobacco, quit now. (See page 432 for quitting strategies.) Check your gums and teeth for signs of oral cancer: a persistent sore, lump, or white patch in the mouth; a persistent sore throat; and/or difficulty chewing and moving the tongue or jaw. Contact a physician or dentist immediately and have an oral examination. Have your mouth checked by a dentist every three months.

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Leukoplakia, abnormal cells, is often a result of using smokeless tobacco.
A paid announcement about a product or service is an *advertisement*. Tobacco manufacturers are not allowed by law to put tobacco ads on TV or radio. Advertising in stores and on billboards and signs on the inside and outside of buses no longer can have photos or artwork and cannot be in color. The same rule applies to advertising in publications read by a significant number of people under the age of 18.

**What to Know About Tobacco Advertising**

**Influencing young people** Tobacco manufacturers have promoted their products in many ways. One way was by distributing clothing and other items that displayed their logos and symbols. People wearing or using these items were a “walking ad” for the tobacco company. In 1997 the FDA prohibited the sale or giveaway of products such as caps or gym bags that carry tobacco product brand names or logos. In 2000, the FDA lost its power to control tobacco products. Much of this power is now local and state controlled. The Federal Trade Commission (FTC) also has control over tobacco products.

Tobacco companies also promote their products by offering merchandise in exchange for coupons found on cigarette packs or smokeless tobacco containers. They may have promoted their products by sponsoring sporting events and rock concerts, wanting people to associate their product and their logo with excitement and glamour. This was a way to advertise their products on TV, as advertising tobacco products on TV was banned. Now brand-name sponsorship of these events can be done in the corporate name only. Only the automobile industry spends more money than tobacco companies on advertising.

**Required warnings on tobacco products** Tobacco manufacturers include warnings on their packages and in their ads to educate people about the dangers of using tobacco products.

Tobacco companies have different warnings on their cigarette packages. (See page 431 for a photo of one of the warnings.)

**Smokeless tobacco** Smokeless tobacco manufacturers place different warnings on their packages and in their ads, such as: “This product is not a safe alternative to cigarettes,” “this product may cause gum disease and tooth loss,” and “this product may cause mouth cancer.”

**FTC** The FTC regulates tobacco advertising, including health warning labels. The FTC provides data on the tar, nicotine, and carbon monoxide levels of domestic tobacco products.

**What tobacco ads do not tell you** Tobacco companies spend billions of dollars each year to influence people
Advocating for Health: Advocating quitting smoking

If someone you know smokes, you can try to convince them to stop. It will take a lot of work, but the results will be worth your efforts. Remember, though, that even if you try hard, you cannot force someone to stop smoking. It’s ultimately up to the smoker to quit.

To advocate for health, follow these four steps: 1) select a health-related concern; 2) gather reliable information; 3) identify your purpose and target audience; and 4) develop a convincing and appropriate message.

1. Explain how the person’s smoking makes you feel. It could be as simple as saying that you don’t like the way the smoke smells on his or her clothes, or you could say you’re afraid this habit could shorten your loved one’s life.

2. Be patient and supportive. Nagging will just annoy the smoker or make him or her defensive. Show that you understand that giving up cigarettes is difficult. Try not to be judgmental. Smoking has become a part of this person’s life.

3. Get involved. Encourage your loved one to be active instead of smoking, then join him or her in a walk, a bike ride, or seeing a movie. Offer him or her gum or hard candy to replace cigarettes.

4. Suggest boundaries. Agree to make certain places off-limits for smoking, such as the car, the kitchen, or maybe the whole house.

5. Add up how much money could be saved every month if your loved one didn’t smoke. Encourage him or her to set aside that money for something special as a reward for quitting.

How tobacco companies hook young children

Tobacco companies claim they do not design ads that target children. On the Internet, tobacco companies appeal to children by using interactive games, giveaways, and chats to promote their products. They promote the idea that using tobacco products makes a person seem more grown-up and “cool.”

In the past cigarette companies hooked children by placing “kiddy packs” and “loosies” in stores. A kiddy pack is a package of cigarettes containing fewer than the standard 20 cigarettes in a pack. A loosie is a single cigarette that is available for purchase. However, many cities and states have laws banning the sale of kiddy packs and loosies. There are also laws that ban free samples of tobacco products.

Reading Review

1. Who has regulatory control over tobacco products?
2. Give examples of warning labels on tobacco products.

Tobacco companies are required to display warnings on their products.
There are many reasons to quit using tobacco. People who quit using tobacco live longer than those who continue to use tobacco. They reduce their risk of heart disease, stroke, emphysema, chronic bronchitis, and some forms of cancer. There are even more immediate rewards to quitting smoking. Within a day after people stop smoking, the body begins to heal itself from the damages caused by tobacco. Breathing is easier, and a smoker’s cough is not as frequent. The senses of taste and smell improve.

### How to Quit Using Tobacco

**List the reasons why you want to quit.** Focus on all the things that you do not like about using tobacco. For example, you might think about the mess, the inconvenience, wasting money, and the way it makes you smell. Ask family members and friends to contribute to reasons.

**Decide when you want to quit.** Set a target date to quit. Know what to expect. Understand that nicotine withdrawal symptoms are temporary. Understand that quitting is not easy, but it is possible. Expect to experience pressures to use tobacco when you feel stress.

**Make a health behavior contract.** Make a health behavior contract with the life skill “I will stop using smokeless tobacco” or “I will stop smoking.” Design a plan to quit using tobacco.

**Consider situations in which you usually have a cigarette or use smokeless tobacco.** Change your daily routines to avoid situations in which you previously used tobacco. Stay busy and active.

**Join a tobacco cessation program.** A tobacco cessation program is a program to help a person stop smoking or using smokeless tobacco. Tobacco cessation programs are offered by local chapters of the American Cancer Society, the American Lung Society, the American Heart Association, health departments, schools, and hospitals.

**Get help from others.** Tell family members and friends that you are quitting. Ask for encouragement and support.

**Throw away all tobacco products.** Get rid of items associated with tobacco use, such as ashtrays, lighters, and matches.

**Be prepared for temptation.** For the first few weeks or longer after quitting, you may have the urge to use tobacco. Try to stay away from people and places that might trigger a craving.
Participate in activities that keep your mind off of using tobacco. Try vigorous exercise to release beta-endorphins. Beta-endorphins may help relieve tension caused by quitting. Participating in other activities, such as working on a hobby or going to a movie, also may help.

Get help from a health-care professional. Make an appointment with a school nurse or a physician to help you with your plan. A physician may prescribe a nicotine patch, nicotine chewing gum, nicotine nasal sprays, a nicotine inhaler, or a pill that cuts cravings to use nicotine.

Avoid weight gain. Eat a healthful diet with the proper amount of protein, carbohydrates, and fat. Eat plenty of fruits and vegetables. Have low-fat and low-calorie snacks.

Keep your guard up. The urge to use tobacco often comes at predictable times. Continue to plan ahead for these situations.

If you slip up and use tobacco, keep trying to quit. Slipping up does not have to mean failure. Figure out why you slipped up and how to avoid it the next time. Remember that quitting smoking takes perseverance.

### TABLE 38.2 Methods to Help Quit Smoking

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicotine patch</td>
<td>A nicotine patch is worn on the skin of the upper body or arms. It releases nicotine into the bloodstream at a slow rate; it does not contain cancer-causing chemicals</td>
<td>Can cause redness, itching, swelling, nervousness, dry mouth, and inability to sleep</td>
</tr>
<tr>
<td>Nicotine chewing gum</td>
<td>Chewing gum that releases nicotine when chewed; does not contain cancer-causing chemicals</td>
<td>Can result in sore jaws, upset stomach, nausea, heartburn, loosened dental fillings, and problems with dentures</td>
</tr>
<tr>
<td>Nicotine nasal spray</td>
<td>Spray nicotine in each nostril. Recommended dosage is 1–2 sprays/hour, not to exceed 40 sprays in a day</td>
<td>Nasal and sinus irritation</td>
</tr>
<tr>
<td>Nicotine inhaler</td>
<td>Mouthpiece the size and shape of a cigarette, which puts out vaporized nicotine when you puff on it; simulates the hand-to-mouth ritual; good for beginners trying to quit</td>
<td>Mild throat and mouth irritation; coughing; or upset stomach; should not be used for more than 6 months</td>
</tr>
<tr>
<td>Non-nicotine pill</td>
<td>Antidepressant that helps reduce cravings and withdrawals; take two pills/day 1–2 weeks before quitting and maintain up to six months</td>
<td>Most common side effects are shakiness and skin rash. More severe side effects include: increased blood pressure, seizures, kidney and liver failure</td>
</tr>
</tbody>
</table>
Even though an increasing number of teens use tobacco, the majority of teens do not. Think of ways you might be pressured to use tobacco, and be ready to use resistance skills if someone pressures you to use tobacco products.

1. Use assertive behavior.
   - Stand tall and look directly at the person with whom you are speaking. Say “no” in a firm and confident voice.

2. Give reasons for saying “no” to tobacco.
   - Explain that tobacco use is harmful and illegal for minors. Using tobacco does not show respect for yourself and others.
   - Using tobacco is against the guidelines of your family and school.

3. Use nonverbal behavior to match verbal behavior.
   - Do not hold a cigarette or pretend to smoke.
   - Do not use or carry candy cigarettes or shredded gum that is designed to look like smokeless tobacco.
   - Do not agree to get tobacco for a minor.
   - Do not keep tobacco products in your possession for someone else.
   - Do not behave in ways that indicate that you approve of tobacco use.

4. Avoid being in situations in which there will be pressure to use tobacco.
   - Think ahead about what to say or do if your peers are using tobacco.

5. Avoid being with people who use tobacco.
   - Choose friends who do not use tobacco.
   - Stay away from secondhand smoke.

6. Resist pressure to engage in illegal behavior.
   - Learn the laws that apply to tobacco use in your community and state.
   - Do not lie about your age to buy tobacco products.
   - Do not purchase tobacco products from vending machines.

7. Influence others to choose responsible behavior.
   - Encourage people who pressure you to use tobacco to change their behavior.
   - Suggest tobacco cessation programs to people who smoke or use smokeless tobacco.
   - Be a role model for a tobacco-free lifestyle.
   - Tell others who smoke not to light up around you.

8. Avoid being influenced by tobacco ads.
   - Recognize that ads are designed to convince people to use a product and make profit for the company.
   - Recognize that tobacco use is not sexy, sophisticated, adventurous, healthful, fun, or the “in” thing to do.
   - Do not attend or view sporting events or concerts sponsored by tobacco companies.
   - Pay attention to the warnings on tobacco ads.
   - Make complaints to city officials if billboards for tobacco are placed in your neighborhood or near your school.
Key Terms Review
Complete these fill-in-the-blank statements with the lesson Key Terms on the left. Do not write in this book.

1. The stimulant drug found in tobacco products is _____.
2. The inability of alveoli to function is called _____.
3. A product that is placed on the skin of the arm to release nicotine in the body is called a(n) _____.
4. Powdered tobacco leaves and stems form a product called _____.
5. White patches of abnormal cells in the mouth are called _____.
6. A(n) herbal plant that contains nicotine and is grown for its leaves is called _____.
7. Any chemical known to cause cancer is a(n) _____.
8. A gas that interferes with the ability of the blood to carry oxygen is _____.
9. The sticky, thick liquid formed when tobacco burns is called _____.
10. Exhaled and sidestream smoke also is called _____.

Recalling the Facts
11. What are the effects of nicotine on the body?
12. Name three types of tobacco products.
13. What are the three types of tobacco smoke?
14. Name two methods people use to quit smoking.
15. Why is nicotine considered a stimulant?
16. How does smoking harm the respiratory system?
17. How is smoking related to heart disease?
18. What is the relationship between smoking and automobile accidents?

Critical Thinking
19. Analyze the physical, mental, social, and legal consequences of tobacco use.
20. Discuss the laws and policies regarding the sale and use of cigarettes.
21. Why do you think people who began smoking as teens have a more difficult time quitting than people who began smoking as adults?
22. Why do you think advertisers target minors?

Activities

Responsible Decision Making
27. Resist Peer Pressure Suppose your friend offers you a cigarette. You have never smoked before. Your friend tells you that trying one cigarette will not harm you. Write a paragraph about what you should do. Refer to the Responsible Decision-Making Model on page 61 to see the steps involved in making responsible decisions.

Sharpen Your Life Skills
28. Make Responsible Decisions Find two different ads for tobacco products. Identify how each ad is designed to make tobacco more appealing to teens. Write a story about the scene in each ad that tells the truth about using tobacco products. Attach each story to the appropriate ad. Share the stories with your classmates.