

Tobacco Use in the United States

- In 2004 _____ million Americans aged 12 or older reported current use of _____.
- 59.9 million (24.0% of the population) were current _____.
- 7.2 million (3%) used _____ tobacco.
- Tobacco is one of the most widely abused substances in the United States.
- These numbers represent a _____ of almost _____% since peak use in 1965.

Smoking among youth

- Among 8th, 10th, and 12th graders there has been a striking _____ in smoking habits.
- The latest results show that _____% of 8th graders, _____% of 10th graders, and _____% of 12th graders had used cigarettes in the _____ days prior to the survey.

Tobacco

- Tobacco is the leading _____ cause of _____ in the United States.
- The impact of _____ use in terms of morbidity and mortality costs to society is staggering.
- Economically, more than _____ billion of total United States healthcare cost each year is attributable directly to smoking.

How does Tobacco deliver its effects?

- There are more than _____ chemicals found in the _____ of tobacco products.
- Nicotine is the _____ reinforcing component of tobacco that acts on the brain.
- Nicotine was first discovered in the early _____s.
- Cigarette smoking is the _____ method of using tobacco.
- There has also been a recent _____ in the sale of smokeless tobacco like _____ and _____ tobacco.
- The cigarette is a very _____ and highly engineered drug delivery system.
- By inhaling tobacco smoke, the average smoker takes in _____ to _____ mg of _____ per cigarette.
- When tobacco is smoked, nicotine rapidly reaches peak levels in the _____ stream and enters the brain.

- A typical smoker will take _____ puffs on a cigarette over a period of 5 minutes that the cigarette is lit. A person who smokes about 1-1/2 packs daily (30 cigarettes) gets _____ hits of nicotine to the brain each day.
- People who do not inhale the smoke-_____ and _____ smokers- the nicotine is absorbed through mucus tissues more slowly and reaches the brain at slower rates.
- After a user is exposed to _____ the body receives a "kick" caused in part by the drug's stimulation of the adrenal glands which results in the release of adrenaline.
- With the increase of adrenaline the body experiences an increase in _____, blood pressure, _____, and heart rate.
- Nicotine _____ insulin output from the _____ which results in the body experiencing elevated blood sugar levels. (hyperglycemic)
- The calming effect that is reported by most tobacco users is caused by the decline that comes with the _____ effects rather than the actual nicotine itself.

Is nicotine addictive?

- Yes. Most smokers use tobacco regularly because they are addicted to _____.
- Addiction is characterized by compulsive drug seeking and use, even in the face of _____ health consequences.
- Most tobacco users realize that tobacco use is _____ to their health. They also admit that they want to quit do to health concerns.
- But only _____ % are able to quit for more than one month.

Tobacco addiction

- Nicotine activates _____ pathways in the brain.
- A key brain chemical involved in mediating the desire to consume drugs is the neurotransmitter _____, and research has shown that that nicotine increases levels of dopamine in the reward circuits.
- Cigarette smoking produces a rapid distribution of nicotine to the brain, with drug levels peaking within _____ seconds of inhalation.
- These affects only last for a _____ minutes, along as the feelings of reward, causing the smoker to desire more nicotine.

Are there other chemicals that may contribute to tobacco addiction?

- Yes, research is showing that nicotine may not be the only _____ ingredient in tobacco.
- Using advanced neuro-imaging technology, scientists can see the dramatic effect of cigarette smoking on the brain and are finding a marked decrease in the levels of _____, an important enzyme that is responsible for the breakdown of dopamine.
- Researchers have found through animal research that _____ dramatically increases the reinforcement properties of nicotine and may also contribute to tobacco addiction.

Medical consequences for tobacco use

- Cigarette smoking kills an estimated _____ United States citizens each year—more than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire, and AIDS combined. 25 million United States smokers alive today will most likely die of a smoking related illness.
- Cigarette smoking harms _____ organ in the body.
- The overall rates of death from cancer are _____ as high among smokers as nonsmokers.
- Smoking has proved to be the cause in _____% of the lung cancer cases.

Lung problems caused by smoking

- Lung diseases

➤
➤
➤

Smoking and your health

- It has also been well documented that smoking substantially _____ the risk of heart disease, including stroke, heart attack, vascular disease, and aneurysm.
- It is estimated that smoking accounts for approximately _____% of deaths from coronary heart disease each year.
- **WARNING:** There is no safe tobacco product. The use of any tobacco product—including cigarettes, cigars, pipes, and spit tobacco; mentholated, “low tar,” “naturally grown” or “additive free” – can cause cancer and other adverse effects.

Smoking and pregnancy

- In the United States, it is estimated that _____% of pregnant women smoke during their pregnancies.
- The cigarette smoke can and does _____ with the oxygen that the baby receives.
- Cigarette smoking can result in the _____ of the fetus.
- Smoking can also cause fetal growth _____ and decreased birth weights.
- Newborns also display signs of stress and drug _____ consistent with what has been reported in infants exposed to other drugs.