



Health Virtual Learning

Chapter 9.1 The Health Effects of Tobacco

Truman High School

5/13/2020



Lesson: 5/13/2020

Objective/Learning Target:

1. **Identify various forms of tobacco and the addictive substance in tobacco products.**
2. **Assess the hazardous effects nicotine has on the cardiovascular and respiratory systems.**
3. **Describe harmful substances in tobacco products and smoke that result in serious illnesses and diseases.**
4. **Analyze the impact of secondhand smoke on individuals.**

Tobacco Products

- Leaves of tobacco plants contain nicotine
- Nicotine is an addictive, toxic substance



Cigarettes

- Most common method of tobacco use

- Other methods:

- cigars

- pipes

- hookah

- smokeless tobacco

- electronic or e-cigarettes

- electronic nicotine delivery systems (ENDS)



Hookah

- As tobacco burns, smoke passes through a water chamber and cools before being inhaled



Smokeless Tobacco

- Tobacco-related products that do not require burning
- Nicotine and carcinogens are absorbed through mouth tissues
- Because it is placed directly in the mouth, users often absorb more nicotine than smokers



Myth or Fact?

The use of smokeless tobacco, hookah pipes, and e-cigarettes is safer, healthier, and less addictive than smoking cigarettes.

MYTH

- Fact:** Smokeless tobacco is linked to cancers of the oral cavity, throat, and digestive system.
- Fact:** Hookah smokers are exposed to at least as many toxins as cigarette smokers.
- Fact:** Each method can cause addiction since each delivers nicotine into the body.