**Section 9.1 Read Pages 257-265**

Answer the following questions.

1. **Define** adrenaline. How does nicotine affect adrenaline and the body?
2. **Explain** how nicotine affects the blood vessels. How does this impact in the blood vessels cause smokers to be twice as likely as nonsmokers to die from a heart attack?
3. **Describe** carbon monoxide and the effect it has on the cardiovascular system.
4. **Describe** how tar accumulates in the respiratory system and how it affects the lungs.
5. How does smoking or breathing in cigarette smoke impact people with asthma?
6. Most smokers who develop COPD have a combination of what two diseases.

**Section 9.2 Read Pages 266-271**

Answer the following questions.

1. Identify the **four** stages of substance abuse.
a.
b.
c.

d.

1. **Define** tolerance. How does tolerance drive a nicotine addiction?

1. **Explain** the difference between psychological dependence and physical dependence.

1. **Describe** how experimentation with identity may lead teenagers to begin smoking.
2. Identify **three** social factors that may cause a teenager to begin using tobacco.

**Section 9.3 Read Pages 272-279**

Answer the following questions.

1. What health benefits do smokers experience after just a few days of quitting.
2. List **three** main strategies for quitting tobacco use and briefly explain **each** strategy.
3. Identify **four** government-based strategies used to discourage tobacco use.
4. Briefly **describe** the social cost of smoking.
5. **Describe** three sets of skills you can use to resist tobacco and give an example of each.

**Define:**

Carcinogens-

Leukoplakia-

Dependence-

Dysmorphia-

Withdrawal-

Laryngectomy-

Nicotine Replacement-

Stimulus Control-