Smoking

List some harmful chemicals found in cigarettes:

…………………………………………….

…………………………………………….

……………………………………………

What is a “carcinogen”?

……………………………………………………………………………………………….

Describe the effect of smoking on the lungs – what do they look like?

……………………………………………………………………………………………….

Draw a cell with cilia. How do these usually keep the lung clean?

What happens to the cilia if you smoke?

……………………………………………………………………………………………….

How do the following chemicals affect the lungs?

Carbon monoxide

……………………………………………………………………………………………….

Tar

……………………………………………………………………………………………….

Nicotine

……………………………………………………………………………………………….

What are the following diseases which could be caused by smoking?

Bronchitis

……………………………………………………………………………………………….

Emphysema

……………………………………………………………………………………………….

Lung cancer

……………………………………………………………………………………………….

Why do people find it hard to stop smoking?

……………………………………………………………………………………………….

Why are pregnant women advised to stop smoking?

……………………………………………………………………………………………….

Smoking and heart disease:

Smoking is linked with ………………………………………

This is where the lining of arteries becomes thickened with ……………………….

……………………………

Nicotine raises blood ……………………… and makes blood …………………….. more likely to form.

These can result in the ………………………..arteries which supply the heart becoming blocked.

If the heart muscle cannot receive enough …………………………. it will ………………….

This causes a ……………………… ………………………