



Tobacco Presentation

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History of tobacco:

Tobacco has been used by Americans for many years, but became more popular when the Europeans arrived, by whom it was heavily traded. Following the Industrial Revolution, cigarettes were becoming more common, which made their popularity increase even more.



Negative effects of Tobacco:

Tobacco harms nearly every organ in your body. It also causes many diseases and reduces the health of smokers in general.



Deaths Caused by Tobacco

Cigarette smoking causes more than 480,000 deaths a year in the United States. Smoking causes more deaths than illegal drug use, alcohol use, firearm related accidents, motor vehicle injuries, and Human Immunodeficiency Virus (HIV) combined.



Diseases Caused by Tobacco- Cardiovascular Disease

Smokers are at a greater risk for diseases that affect the heart and blood vessels (**cardiovascular disease**). Even people who smoke less than five cigarettes a day can have early signs of cardiovascular disease. Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heartbeat faster and your blood pressure go up. Clots can also form and can cause heart attacks when the clots block the blood flow to your heart. Clots can also cause stroke when they block the blood flow to a part of your brain or a blood vessel burst around your brain.

Diseases Caused by Tobacco- Respiratory Disease/Lung cancer

Smoking can cause lung disease by damaging your airways and the small air sacs (**alveoli**) found in your lungs (**respiratory disease**). Lung diseases caused by smoking include **COPD**, which includes emphysema and chronic bronchitis. Along with lung disease is lung cancer. It is the number one cause of cancer deaths in the U.S. and worldwide in both men and women. Smoking is the principal risk factor to causing lung cancer. Not just smoking can cause lung cancer. Over exposure to tobacco smoke can also cause lung disease.

Smoker's lungs



Non-smoker's lungs

Cancers caused by Tobacco use

Smoking can cause cancer in almost anywhere in your body. Most of the cancers caused by smoking is bladder, blood (acute myeloid leukemia), cervix, colon and rectum (colorectal), esophagus, kidney and ureter, larynx, liver, oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils), pancreas, stomach, trachea, bronchus, and lung. If nobody smoked, one of every three cancer deaths in the United States would not happen. Smoking increases the risk of dying from cancer and other diseases in cancer patients and survivors.

Other Health Risks

- Increases your risk for osteoporosis, a condition in which bones weaken and become easier to fracture
- Smoking makes it harder for women to become pregnant
- Smoking affect the health of your teeth and gums
- Smoking can affect bone health
- Smoking can increase your risks of cataracts (clouding of the eye lens that makes it hard for you to see)
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control
- If you smoke while you are pregnant it will risk not only your life, but your babies life also
- Smoking a cause of rheumatoid arthritis
- Smoking causes general adverse effects on the body. It can cause inflammation and adverse effects on the immune function
- Smoking increases risks of birth defects and miscarriage

YOU CAN

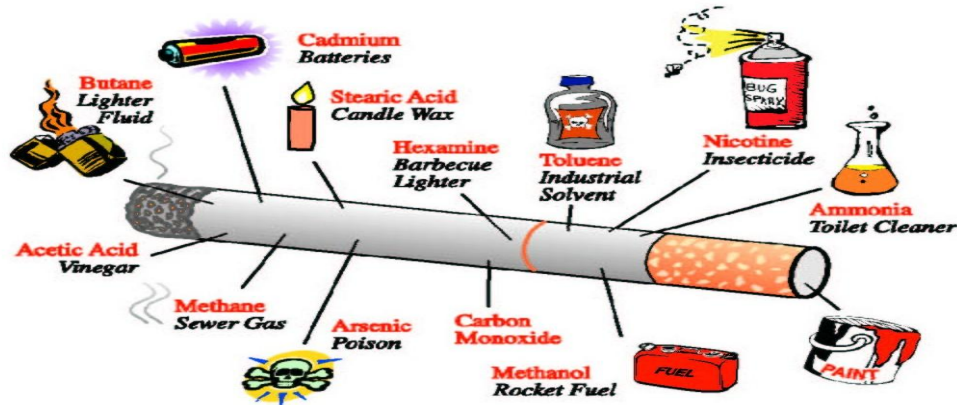
Quitting Smoking

Smoking is very addictive and hard to quit, but is possible. There are many different methods to quit smoking, such as medications, patches, and gum. These things help you not be as addicted to the nicotine.

SMOKING!

Smoking Machine video

<https://www.youtube.com/watch?v=6u8K94Cb0qY>



Cites

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http://www.medicinenet.com/lung_cancer/article.htm -lung cancer info

https://www.google.com/imghp?gws_rd=ssl - all images

betobaccofree.hhs.gov - other health facts