

How Do Cigarettes Affect the Body?

VOCABULARY

- ***Bronchitis** – an illness like a very bad cough in which your bronchial tubes become sore and infected
- ***Emphysema** – a serious medical condition that occurs when the lungs become larger and do not work properly, causing difficulty in breathing
- ***Dopamine** – a chemical found in the brain that acts as a neurotransmitter
- ***Endorphin** – any of several peptides secreted in the brain that have a pain-relieving effect like that of morphine
- ***Endothelial** – form a single cell layer that lines all blood vessels and regulates exchanges between the bloodstream and the surrounding tissues
- ***Plummet** – to decrease quickly by a large amount

COMPREHENSION

1. What are the chemicals introduced into the body by smoking?
2. What are the pulmonary diseases caused by smoking?
3. What are the effects of smoking?
4. What happens when one quits smoking?
5. What can help smokers stay cigarette-free?
6. Smoking-related chronic lung disease is a major reason for illness and hospital admissions in cigarette smokers. What are the mechanisms by which cigarette smoke increases chronic lung disease?
7. Smoking causes cancers in multiple organs and tissues, not just the lungs. What is the biological basis for this increase in cancer risk?

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LET'S TALK

1. Why do you think people smoke despite the dangers it may cause to their health?
2. Smoking-related heart and lung disease are a major component of healthcare costs to society. What measures can we take to prevent young people from smoking, and what are the best ways to get smokers to quit?