

# Tobacco Affects Body Systems

## Lesson Focus

Using tobacco, even for a short period of time, can have harmful effects on the body.

## Why Learn This?

Understanding the harmful effects will help you avoid using tobacco.

## Vocabulary

carcinogens  
nicotine  
carbon monoxide  
tar  
environmental  
tobacco smoke (ETS)

## Quick Activity

**Examine Effects of Tobacco Use** Look at the picture. Write down other ways in which smoking is ugly.

## Short-Term Effects of Using Tobacco

In the last fifty years, people have learned more and more about the harm tobacco does to the human body. Many people believe that tobacco will harm them only if they use it for a long time. This just isn't true. There are also many short-term effects of tobacco use.

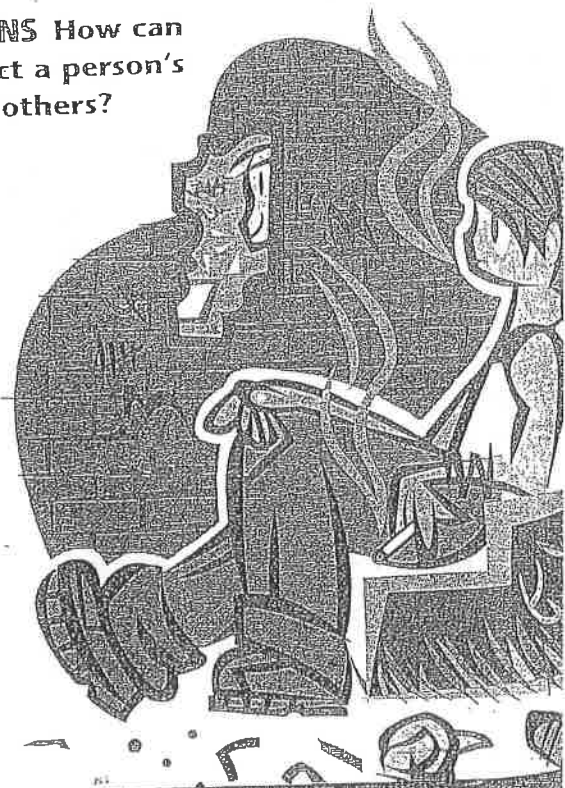
One of the first effects of smoking tobacco is a bad smell. A smoker's hair and clothes often smell of stale cigarette smoke. A smoker's breath usually smells bad, too. Tobacco smoke makes the eyes and nose burn. People who chew tobacco have bad breath, also, and chewing tobacco turns teeth yellow or brown.

Smoking makes it hard to breathe. People who have trouble breathing have a hard time playing sports and doing other activities. There is another danger that can result from smoking. Ashes from a smoker's cigarette can fall on clothing, carpets, and furniture. Sometimes these ashes burn little holes or even start fires.



**DRAW CONCLUSIONS** How can using tobacco affect a person's relationships with others?

Smoking makes people smell bad—and look bad, too. ▶

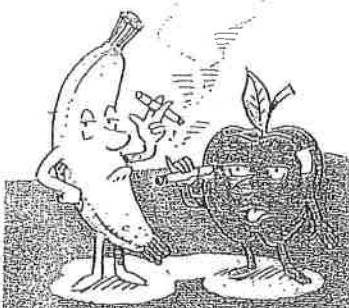


## Long-Term Effects of Using Tobacco

The respiratory system is the body system that is harmed the most by smoking tobacco. Breathing in tobacco smoke over and over again irritates the nose, throat, trachea, and lungs. Eventually, these irritations cause smokers to cough a lot.

Smokers are much more likely to die of *chronic bronchitis* and *emphysema* than nonsmokers. Chronic bronchitis starts with a buildup of tar in the respiratory system. The buildup causes the breathing tubes leading to the lungs to produce excess mucus and to swell. This makes it hard for the person to breathe.

Emphysema destroys the tiny air sacs in the lungs. When these air sacs are destroyed, it takes longer for the lungs to do their job. People with emphysema have a hard time breathing. Often they can't



### Did You Know?

Bidis are cigarettes that come in flavors such as wild berry and chocolate. Bidis are sweet smelling, but they are also deadly! They contain low-quality tobacco that harms body functions and leads to many different types of cancer.

**1 Brain** Nicotine reaches the brain 10 seconds after being inhaled. Taking in nicotine leads to addiction.

**3 Esophagus** Smokers get about 80 percent of all cases of cancer of the esophagus.

**5 Circulatory System** Chemicals in tobacco smoke decrease the amount of oxygen in the blood and narrow the blood vessels. This makes the heart work harder, leading to heart diseases.

**2 Mouth** Tobacco juice damages gums, exposing the roots of the teeth. It also affects the sense of taste. Smokeless, or "spit," tobacco causes mouth, tongue, and lip cancer.

**4 Throat** Tobacco smoke irritates the throat and may cause throat cancer.

**6 Lungs** Tar collects inside the lungs, causing coughing and shortness of breath. Long-term smoking is the leading cause of cancer and other lung diseases.

