

## Chapter 13 Reading guide

1. What is the single leading preventable cause of death in the US?
2. How does somebody's smoking affect non-smokers, financially?
3. Is social smoking safe? Explain.
4. Define the term "carcinogen."
5. What are the components of smoke that make it so dangerous? Smokeless tobacco?
6. Discuss different types of smoke-delivery-devices (cigars etc)
7. What are some immediate physiological effects of nicotine?
8. Discuss the many health effects of smoking and smokeless tobacco. Be sure to consider the effect on a developing fetus if a pregnant woman smokes, and be sure to recognize that secondhand smoke has similar effects on the non-smoker.
9. What type of cancer is the leading cause of cancer deaths? What percent of people who develop this disease are non-smokers?
10. Discuss the ability of the lungs and other tissues to recover after a smoker quits smoking. Be sure to consider factors such as the age a person began smoking, the amount smoked per day, etc. Are the lungs the only tissues that are damaged by smoking?
11. Besides smoking itself, what are some other factors that can affect a person's risk of developing lung cancer? Discuss lung cancer in general: risk factors, survival rate, detection, etc.
12. Discuss addiction as it relates to smoking. Is dopamine involved?
13. Be more specific in discussing the effects of second-hand smoke on non-smokers, including children.
14. Describe several different strategies a smoker can take to help him/her quit.
15. What are some potential problems with excessive caffeine intake? What is "excessive?"
16. For most healthy, non-pregnant people without some specific problems (heart irregularities, cysts, etc), is moderate caffeine intake probably fine?

-from required links-

17. Discuss the relationship of nicotine to the neurotransmitter acetylcholine. Be sure to mention their chemical relationship, how they affect the brain, and why the relationship makes nicotine toxic.
18. What does UC Berkeley nutrition research have to say about coffee? Are there any potential benefits?

Just a quick note:

-Remember that smoking during pregnancy and around infants and children is particularly harmful to their development. Smoking during pregnancy increases the risks of all sorts of complications to both mother and baby, including stillbirth. It also increases the chances that the child will be more susceptible to all sorts of illnesses and behavioral problems (including ADHD) once born, even if the mother never smokes around the infant once born.

Smoking is one of the few known, well-documented risk factors for SIDS. Children who are around cigarette smoke have higher rates of a range of illnesses and behavioral problems.

As if the cigarettes weren't expensive enough, now parents have to spend extra money on medical bills! Of course, hopefully the health and happiness of their children is enough to help them try to quit, regardless of money ☺

While searching for required links, I saw an interesting article about smoking while pregnant. It is from the primary literature (out of the mouth of the researcher), so it is quite heavy and technical... so I didn't use it. However, the gist of the article is that fetal nicotine exposure is more harmful than fetal cocaine exposure. !!!! If you are interested, it is one of the articles referenced by the HowStuffWorks tutorial on nicotine, under the section "Lots More Information."