Tobacco Quiz

Presented by Forsyth Teens

1. True or False
   Most people start smoking as adults

2. True or False
   90 percent of smokers began before the age 21

3. False
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4. True or False
   3,900 teens daily try cigarettes for the first time

5. True
   Each day almost 3,900 adolescents under the age of 18 try their first cigarette. More than 950 of them will become daily smokers.

6. True or False
   Quitting smoking cold turkey is the easiest way to quit.
The easiest way is to quit is with one to one support

Smoking can give you cold feet.

Smoking decreases the blood flow to the feet and hands. Your hands and feet will be cold!

Pets whose owner smoke can get lung cancer.

Second hand smoke can effect pets the same way it effects humans.

What is second hand smoke?

Secondhand smoke (SHS) is also known as environmental tobacco smoke (ETS)

Sidestream smoke: Smoke from the lighted end of a cigarette, pipe, or cigar

Mainstream smoke: The smoke exhaled by a smoker
Sidestream and mainstream smoke are the same. **False**

Sidestream smoke contains higher level of cancer causing chemicals because it not filtered. **True**

Ways secondhand smoke is harmful:
- An estimated 42,000 deaths from heart disease in people who are current non-smokers
- About 7,000 lung cancer deaths in non-smoking adults
- Worse asthma and asthma-related problems in up to 1 million asthmatic children
- Between 150,000 and 300,000 lower respiratory tract (lung and bronchus) infections in children under 18 months of age, with 3,500 to 15,000 hospitalizations each year
- Making children much more likely to be put into intensive care when they have the flu; they stay in the hospital longer, and they’re more likely to need breathing tubes than kids who aren’t exposed to SHS

People who smoke make less money. **True**

Smoker earn up to 10% less then non-smokers. **True**

When you buy cigarettes you are choosing pay taxes you don’t have to pay. **True**
Tobacco tax in Massachusetts is $3.15 a pack.
The Federal tax is $1.01 per pack.
The average cost of a pack of cigarettes is $9.95.

Smoking can decrease your life expectancy by 5 years.

It can decrease your life by as much as 25 years.

Tobacco might be bad but it is not as bad as heroin.

Nicotine is as addictive as heroin and both can kill you.

Cigarettes contain a total of 1,500 chemicals.
Cigarettes actually contain 4700 different chemicals.

- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust fumes
- Formaldehyde – embalming fluid
- Hexamine – found in barbecue lighter fluid
- Lead – used in batteries
- Naphthalene – an ingredient in moth balls
- Methanol – a main component in rocket fuel
- Nicotine – used as insecticide
- Tar – material for paving roads
- Toluene – used to manufacture paint

Girls who smoke can grow excess facial hair.

Women who smoke at least one pack of cigarettes a day have a fifty percent greater chance of growing more facial hair.

Smoking affects the way you smell.

Not only does smoking make your clothes and hairs smell but it also dulls your sense of smell.

You can get hooked on smoking in as little as two weeks.
Just smoking a couple of cigarettes a day can get you addicted in less than 2 weeks.

Nicotine is in hairspray.

Nicotine doesn’t keep your hair in place but it is in bug spray.

A majority of college students smoke.

Less than half of college students smoke cigarettes.

New smokers can experience side effects like vomiting, cramping and headaches.
True

Just like prescription drugs, smoking has a lot of side effects you should know about.

False

Not enough is known about long term use to say. E-cigarettes contain nicotine which is addictive. They also contain propylene glycol (PEG).
New studies from University of California Riverside are showing some metals in the vapor: tin, copper and nickel.
The FDA currently has regulations over the production of all tobacco products including E-Cigarettes.

E-cigarettes are a safe alternative

Poison Center Calls E-cigarettes

The number of calls to poison centers involving e-cigarette liquids containing nicotine rose from one per month in September 2010 to 215 per month in February 2014, according to a CDC study published in today’s Morbidity and Mortality Weekly Report.

51.1 percent of the calls to poison centers due to e-cigarettes involved young children under age 5, and about 42 percent of the poison calls involved people age 20 and older.

Dangers of E-Cigarettes/Vapes

Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25.
The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances.
Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

Each time a new memory is created or a new skill is learned, stronger connections—or synapses—are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
Using nicotine in adolescence may also increase risk for future addiction to other drugs.

A Quick Look
Over a decade ago, workers in a microwave popcorn factory were sickened by breathing in diacetyl—the buttery-flavored chemical in foods like popcorn, caramel and dairy products. While this flavoring may be tasty, it was linked to deaths and hundreds of cases of bronchiolitis obliterans. Diacetyl causes bronchiolitis obliterans - more commonly referred to as "popcorn lung" - a scarring of the tiny air sacs in the lungs resulting in the thickening and narrowing of the airways. It is irreversible. Diacetyl was swiftly removed from popcorn products. It was not removed from E-cigarette. The users are now directly inhaling this harmful chemical into their lungs.

Some Facts E-Cigarettes/Vapes

Key Facts about Vitamin E Acetate

- Vitamin E acetate is used as an additive, most notably in THC-containing e-cigarette, or vaping, products.
- Vitamin E is a vitamin found in many foods, including vegetable oils, cereals, meat, fruits, and vegetables. It is also available as a dietary supplement and in many cosmetic products, like skin creams.
- Vitamin E acetate usually does not cause harm when ingested as a vitamin supplement or applied to the skin. However, previous research suggests that when vitamin E acetate is inhaled, it may interfere with normal lung functioning.