Factsheet Fill-in Activity

1. Tobacco plant mass production began in the ____ century and is processed to create products like ________ and chew.

2. When nicotine is first used it leads to feelings of ________ but over time users begin to ________ nicotine just to feel normal.

3. Smoking tobacco in the form of cigarettes, cigars, cigarillos, and/or hookah causes the smoker to inhale toxic chemicals. Two of the most harmful elements of smoke, __________ and __________, are created by any kind of burning leaves, and can’t be avoided.

4. This chemical, __________, which you get from smoking, is very addictive on its own and other chemicals in cigarettes make it even stronger.

5. __________ compounds are added to cigarettes to increase the speed at which nicotine reaches the brain. __________ are added chemicals that expand the lungs’ airways, making it easier for tobacco smoke to pass into the lungs.

6. Added sugars make tobacco smoke easier to inhale and form __________, which enhances nicotine’s addictive effects.

7. Hookah devices use water to cool tobacco smoke, but the water ________ remove toxins from the smoke.

8. Hookah smokers still take in the addictive drug ________ and many poisonous chemicals, which can cause certain forms of cancers, such as ________, and other negative health effects.

9. Users of smokeless tobacco take in nicotine and other toxic and cancer-causing chemicals through ________ _________ in the gums and cheeks. And all of this is delivered to the brain.

10. Smokeless tobacco still contains nicotine, which causes users to develop strong cravings and experience ________ _________ when their nicotine levels drop.