

**Immediate Effects of Tobacco Use  
Note-Taking Sheet**

Name \_\_\_\_\_

**Smoking**

**Poisons**

Number of chemicals in smoke	
Types of chemicals	
Effects on the body	
Immediate damage on the body	

**Addiction**

Reason the brain craves nicotine	
How tobacco companies made cigarettes more addictive	
What happens when a person tries to quit smoking	
Cost of a pack-a-day habit	

**Cancer**

Poisons in smoke and cancer	
Cancer and the immune system	
Statistics and lung cancer for smokers and secondhand smoke	
Other cancers	

## **Circulatory Effects**

<b>Immediate effects of tobacco smoke</b>	
<b>Alters blood chemistry</b>	
<b>How smoking increases chances of heart attack and stroke</b>	
<b>Impact of quitting</b>	

## **Respiratory Effects**

<b>Immediate effects of tobacco smoke</b>	
<b>Cause of smoker's cough</b>	
<b>How smoking damages lungs</b>	
<b>COPD and smoking</b>	

## **Spit Tobacco**

<b>What is it?</b>	
<b>How the nicotine enters the body</b>	
<b>Immediate effects of spit tobacco</b>	
<b>Link to oral cancer and other cancers</b>	