

## [Answers] How do cigarettes affect the body?

by Krishna Sudhir <5:13> Sep. 2018

1. In one inhalation of smoking, how many different chemical substances will our body be exposed to?

5,000

2. According to the speech, which of the following damages is not caused by smoking?

- a. oxygen deprivation
- b. tooth decay
- c. loss of hearing
- d. increase of infections

3. Why is smoking highly addictive?

Because nicotine triggers the release of dopamine and other neurotransmitters (including endorphins) that create the pleasurable sensations.

4. About how many cancer deaths in the United States are caused by smoking?

1/3

5. The following chart describes the positive effects caused by quitting smoking. Fill in the blanks.

a. 20 minutes after the final cigarette

Your (1) heart rate and (2) blood pressure begin to return to normal.

b. 12 hours after the final cigarette

The levels of (3) carbon monoxide stabilize.

c. 1 day after the final cigarette

The risk of (4) heart attack begins to decrease.

d. 2 days after the final cigarette

The nerve endings responsible for (5) smell and (6) taste begin to recover.

e. 1 month after the final cigarette

The (7) lungs become healthier.

f. 1 year after the final cigarette

(8) Blood vessel function improves, leading to the dramatic decrease of heart disease risk.

g. 5 years after the final cigarette

The chances of (9) clot forming decrease, leading to reduced risk of stroke.

h. 10 years after the final cigarette

The chances of developing fatal (10) lung cancer decrease.

i. 15 years after the final cigarette

The likelihood of developing coronary(11) heart disease will essentially become the same as that of a non-smoker

6. The speaker mentions that there are some therapies to help smokers stay away from cigarettes. List two of them.

(1) nicotine replacement therapy (through gum, skin patches, lozenges, and sprays)

(2) counseling

(other possible answers) support groups / cognitive behavioral therapy / moderate intensity exercise