

[Questions] How do cigarettes affect the body?

by Krishna Sudhir <5:13> September 2018

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

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?

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

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)_____ and (2)_____ begin to return to normal.

b. 12 hours after the final cigarette

The levels of (3)_____ stabilize.

c. 1 day after the final cigarette

The risk of (4)_____ begins to decrease.

d. 2 days after the final cigarette

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

e. 1 month after the final cigarette

The (7)_____ become healthier.

f. 1 year after the final cigarette

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

g. 5 years after the final cigarette

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

h. 10 years after the final cigarette

The chances of developing fatal (10)_____ decrease.

i. 15 years after the final cigarette

The likelihood of developing coronary(11)_____ 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)_____

(2)_____