

Name _____

The Smoking Scare: Unmasking the Health Risks of Traditional Cigarettes

Open-Ended Response Answer Key

1. Smoking damages the air sacs in the lungs by causing inflammation and the buildup of mucus. This makes it harder for the air sacs to expand and contract, leading to difficulty in breathing. Over time, the damage can become permanent, making it even more challenging to breathe.
2. Three types of cancer linked to smoking are lung cancer, throat cancer, and mouth cancer. Smoking increases the risk of these cancers by exposing the cells in these areas to toxic chemicals in cigarette smoke. These chemicals can damage the DNA of the cells, leading to uncontrolled cell growth and the development of cancerous tumors.
3. Smoking impacts the heart and blood vessels by damaging blood vessels and increasing heart rate and blood pressure. The chemicals in cigarette smoke can cause blood vessels to narrow and become less flexible, making it harder for blood to flow. This can lead to the buildup of plaque in the arteries, increasing the risk of heart attacks and strokes. The increased heart rate and blood pressure put extra strain on the heart, making it work harder and increasing the risk of heart diseases.
4. To help a friend quit smoking, I would advise them to seek support from a quit-smoking support group or counselor. I would recommend setting a quit date and removing all smoking-related items from their surroundings, such as cigarettes, lighters, and ashtrays. I would suggest finding healthier alternatives to cope with stress or boredom, such as exercise or hobbies. Additionally, I would encourage them to reach out to their healthcare provider for guidance and consider using nicotine replacement therapy or prescription medications if needed. Most importantly, I would offer my support and encouragement throughout their journey to becoming smoke-free.

