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| **What Are the Effects of Smoking? By Jennifer Kenny**  |    | C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\edhelp1.gif |

1     Smoking cigarettes has been around for a long time. People smoked because they enjoyed it. Once they tried it, they were hooked. Years ago, they thought it was harmless. Smoking was believed to relieve tension. No one thought it had any ill effects. Then in the 1930s, scientists noticed that many more people had lung cancer than ever before. The American Cancer Society and others began studying the effects of smoking. In 1964, the Surgeon General reported that smoking was indeed a health hazard.

2     There are over 4,000 chemicals in tobacco smoke. Many of them can start dramatic and fatal changes in the body. They include tar, carbon monoxide, metals, ammonia, and radioactive compounds.

3     Scientists and doctors know so much more about the effects of smoking today than ever before. They know smoking causes immediate effects on the smoker's body. It constricts the airways of the lungs. It increases the smoker's heart rate. It elevates the blood pressure. The carbon monoxide in tobacco smoke deprives the tissues of much-needed oxygen. All of these are dangerous short-term effects.

4     There are more serious long-term effects. Smoking cigarettes, pipes, and cigars cause lung cancers, emphysema, and other respiratory diseases. In fact, smoking causes ninety percent of all lung cancer cases. Twenty percent of heavy smokers get the chronic lung disease emphysema. It causes the narrowing and clogging of air passages in the lungs. This disease is seldom seen in nonsmokers. Smokers are also at least four times more likely to develop oral cancer than nonsmokers.

5     Smoking causes major problems for unborn babies too. Smoking causes low birth weights in newborns of mothers who smoked during their pregnancies. Low birth weight, in turn, can cause infant death and chronic diseases later in life.

6     Smoking contributes to cardiovascular disease. It increases the risk of stroke by nearly 40% among men and 60% among women.

7     Smoking irritates the trachea. It causes the smoker to become breathless. Lungs of a smoker also have difficulty clearing out harmful substances.

8     There are other effects too. Smokers are more prone to infection. Bone density in smokers is reduced. Smoking can cause inflammation of the stomach, and it increases the chance of bleeding ulcers. It causes gum disease. It causes premature wrinkling of the smoker's skin.

9     Antismoking efforts try to educate people about all these dangers. Ninety percent of adults who smoke started before they were 21. Many of them started because they thought it was cool or because of peer pressure. Yet today we know that 443,000 people in the United States die each year from illnesses caused by cigarette smoking. Looking at these statistics, it is easy to see why the American Cancer Society says smoking is the most preventable cause of death today!

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**What Are the Effects of Smoking?**

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| 1.   | How has the scientific knowledge about smoking changed since the 1930s?C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gifC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gif |

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| 2.   | In 1964, the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_'s report warned that smoking was a health hazard.C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gifC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gif |

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| 3.   | There are over \_\_\_\_\_\_\_\_\_\_\_\_ chemicals in tobacco, which can be damaging to the smoker's body.C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubblea.jpg  2,000C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubbleb.jpg  4,000C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubblec.jpg  1,000C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubbled.jpg  3,000 |

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| 4.   | Smoking immediately elevates the smoker's \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gifC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gif |

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| 5.   | Smoking causes ninety percent of all \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ cases.C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubblea.jpg  Brain cancerC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubbleb.jpg  Lung cancerC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubblec.jpg  Stomach cancerC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubbled.jpg  Bone cancer |

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| 6.   | Do most smokers start smoking before or after age 21?C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubblea.jpg  AfterC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\bubbleb.jpg  Before |

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| 7.   | The American Cancer Society says \_\_\_\_\_\_\_\_\_\_\_ is the most preventable cause of death today.C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gifC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gif |

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| 8.   | In your opinion, what is the worst effect that smoking has on your body? Why?C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gifC:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\wordline.gif |

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| **What Are the Effects of Smoking? By Jennifer Kenny**  |    | C:\Users\coach\Desktop\Effects of Smoking worksheet  Ed Helper_files\edhelp1.gif |

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|  | clearing | much-needed | reported | compounds |  |
|  | statistics | radioactive | cigarettes | death |  |
|  | difficulty | develop | ammonia | rate |  |
|  | fatal | inflammation |  |  |  |

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**Directions:**  Fill in each blank with the word that best completes the reading comprehension.

     Smoking cigarettes has been around for a long time. People smoked because they enjoyed it. Once they tried it, they were hooked. Years ago, they thought it was harmless. Smoking was believed to relieve tension. No one thought it had any ill effects. Then in the 1930s, scientists noticed that many more people had lung cancer than ever before. The American Cancer Society and others began studying the effects of smoking. In 1964, the Surgeon General *(1)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   that smoking was indeed a health hazard.
     There are over 4,000 chemicals in tobacco smoke. Many of them can start dramatic and *(2)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   changes in the body. They include tar, carbon monoxide, metals, *(3)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  , and *(4)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   *(5)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  .
     Scientists and doctors know so much more about the effects of smoking today than ever before. They know smoking causes immediate effects on the smoker's body. It constricts the airways of the lungs. It increases the smoker's heart *(6)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  . It elevates the blood pressure. The carbon monoxide in tobacco smoke deprives the tissues of *(7)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   oxygen. All of these are dangerous short-term effects.
     There are more serious long-term effects. Smoking *(8)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  , pipes, and cigars cause lung cancers, emphysema, and other respiratory diseases. In fact, smoking causes ninety percent of all lung cancer cases. Twenty percent of heavy smokers get the chronic lung disease emphysema. It causes the narrowing and clogging of air passages in the lungs. This disease is seldom seen in nonsmokers. Smokers are also at least four times more likely to *(9)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   oral cancer than nonsmokers.
     Smoking causes major problems for unborn babies too. Smoking causes low birth weights in newborns of mothers who smoked during their pregnancies. Low birth weight, in turn, can cause infant *(10)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   and chronic diseases later in life.
     Smoking contributes to cardiovascular disease. It increases the risk of stroke by nearly 40% among men and 60% among women.
     Smoking irritates the trachea. It causes the smoker to become breathless. Lungs of a smoker also have *(11)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   *(12)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   out harmful substances.
     There are other effects too. Smokers are more prone to infection. Bone density in smokers is reduced. Smoking can cause *(13)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   of the stomach, and it increases the chance of bleeding ulcers. It causes gum disease. It causes premature wrinkling of the smoker's skin.
     Antismoking efforts try to educate people about all these dangers. Ninety percent of adults who smoke started before they were 21. Many of them started because they thought it was cool or because of peer pressure. Yet today we know that 443,000 people in the United States die each year from illnesses caused by cigarette smoking. Looking at these *(14)*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  , it is easy to see why the American Cancer Society says smoking is the most preventable cause of death today!

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**Crack the code! Write the real word that each of the codes represent. Each letter in the real word has been changed to another letter. For example, a B in the code might really mean C. Once you figure out the code for one letter, the same code is used for all the words on this sheet.**

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| **Code:** | A | B | E | F | G | H | I | J | L | M | N | O | P | Q | S | T | U | V | W | X | Z |
| **Letter:** |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| 2.   |

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| 3.   |

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| 4.   |

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| 5.   |

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| 6.   |

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| 7.   |

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| 8.   |

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| 9.   |

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| 10.   |

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