

YSTEP Who Wants to Be A Millionaire: What's in Cigarette Smoke and Effects on the Body

Please circle the letter linked to the correct answer or answers:

- | | | | | |
|----|---|---|---|---|
| 1. | A | B | C | D |
| 2. | A | B | C | D |
| 3. | A | B | C | D |
| 4. | A | B | C | D |
| 5. | A | B | C | D |
| 6. | A | B | C | D |
| 7. | A | B | C | D |
| 8. | A | B | C | D |

ANSWERS - TOP SECRET!

Q1 - Slide 2: B 13,500 ASH Scotland

Q2 - Slide 3: A Yes - because it mask the unpleasant taste and makes your bronchioles (little air sacks in the lungs) expand to enable you to inhale more smoke

Q3 - Slide 4: B True - it is added to ensure the cigarette burns faster, delivering more nicotine, so it is more addictive. It also means a cigarette will continue to burn even if no one is smoking it - so it's a fire risk and means people get through more cigarettes.

Q4 - Slide 5: D Smoking can cause all of these:

Q5 - Slide 6: A, B, C, D:

A Slide 6: Yes - smoking disrupts the metabolism, and balance of hormones in the body, which can lead to over supply of androgens (male hormones) and lead to more fatty 'adipose' tissue around women's waists

B Yes - smoking hinders your body from taking up calcium, so bones shrink and become more likely to break

C Yes - 95% of gangrene cases occur in smokers

D Yes - fatty deposits block them, vasoconstriction reduces the blood flow, arteries can rupture and weaken, erectile dysfunction, smaller babies with health problems

Slide 7: A, B and D Yes - this is why the longer you smoke, the more damage you do.

Slide 8: All of these:

A Local pharmacies provide Nicotine Replacement Therapy (NRT) for over 16s at a pace that suits you

B www.canstopsmoking.com provides on-line support, advice and encouragement

C Smokeline will provide you with your own phone advisor to help you stop if you want to

D Local Stop Smoking Services provide group and 1-2-1 support and NRT

All services operate confidentiality agreements