**CH. 10 STUDY GUIDE – ALCOHOL**

(Revised)

* Some signs of intoxication are staggering & slurred speech.
* SADD/MADD are 2 organizations that educate people on the dangers of alcohol.
* Alcohol Anonymous meetings serve as alcoholism treatment.
* **Making excuses for someone** who cannot perform their daily routines due to drinking the night before is an **enabling action.**
* Cirrhosis of the liver = scarring of the liver tissue; usually due to alcohol abuse.
* Some signs of alcoholism are drinking for years, losing your job. Frequent absences from work, drinking instead of eating meals, dementia, cirrhosis, irregular heartbeat.
* Problem Drinking – drinking at inappropriate times
* Tolerance – needing more alcohol to have the same effects
* Dependency – experience withdrawal symptoms when you don’t drink
* Addiction – lose control of your behaviors; drinking consumes your everyday activities
* Alcohol abuse leads to car wrecks, drowning, injuries, etc.
* Most fatal teen car accidents are a result of operating a vehicle under the influence of alcohol.
* Your income has no impact on whether or not you may become an alcoholic.
* The liver breaks down toxic substances and becomes stressed when you drink more than one alcoholic drink per hour.
* Alcohol is a drug (depressant) that changes a person’s physical and emotional state.
* List 3 reasons why you should not drink alcohol. Pg. 255
* What are the legal consequences of underage drinking. Pg 254 Drinking, Driving and the Law & Zero Tolerance
* Know the Refusal Skills. Pg. 256-257

**CH. 11 STUDY GUIDE – TOBACCO**

(Revised)

* TERMS: Carcinogen, Chronic Bronchitis, Cilia, Emphysema, Nicotine Replacement Therapy
* Nicotine is the addictive chemical in tobacco.
* Tar is the chemical that contributes to respiratory disease and the destruction of cilia.
* Smoking can increase your risk for heart attack, kidney cancer, and stroke, among other things.
* **Smokeless** tobacco can increase your risk of emphysema, lung cancer and mouth cancer.
* Arsenic, nickel and benzopyrene are all examples of carcinogens found in tobacco. There are over 4000 chemicals in tobacco; 41 are known carcinogens.
* Smoking while pregnant can cause miscarriages, premature birth, among other things. Breathing in secondhand and sidestream smoke while pregnant can also affect the baby.
* Young people are more likely to smoke & have a difficult time quitting when their parents smoke.
* It’s difficult to quit smoking when most of your co-workers smoke because you will receive little support from them. Spontaneously throwing away your cigarettes one day will not help you quit, either.
* Some benefits of quitting smoking are: stop coughing, cilia repairs itself, and reduce your risk of lung cancer & other cancers.
* How does environmental tobacco smoke relate to mainstream & sidestream smoke?
* How are smokeless tobacco products similar/different to/from cigarettes?
* How does tobacco use relate to medical expenses?
* How does carbon monoxide in cigarettes affect a person’s oxygen levels?