NOT FATAL BUTT…..
The Effect of Just One Cigarette.

Support Notes.

EVERYMAN EDUCATION
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Duration 17 minutes.

VIDEO OVERVIEW.

The video destroys the myth that the problems of smoking only show up in later life. It acknowledges the fact that the more dramatic effects of smoking are more obvious in the older smoker, but it clearly shows that each cigarette smoked does significant damage.
The method the video uses is to present its information in a series of tests on young smokers. These tests cannot be done in class and all make their points clearly and powerfully.

Target Audience.

The information presented in this video is accessible to all age groups from 9 years upwards. The video would have its most powerful effect on new smokers, who would clearly identify with the symptoms of smoking.

Diseases Caused by Smoking.

Cancers of the lung, oral and nasal cavities, pharynx, larynx, pancreas and bladder. Around one third of all cancer deaths can be attributed to smoking and more than 80% ofall cases of lung cancer are due to smoking.

Heart Disease.
Smoking is a major, independent risk factor for heart disease and smoking causes over 40% of heart disease in those under 65.

Emphysema.
Almost all smokers will develop some form of emphysema. The severity will increase with the number of cigarettes smoked per day and the number of years the person has smoked. This disease is rare in non smokers.

Chronic Bronchitis.
Is the main respiratory disease caused by smoking. More than three quarters of case are due to smoking.

Stroke.
Strokes resulting from smoking is most evident in younger age groups. Smoking causes around 40% of all strokes in people under 65.

Peripheral vascular disease.
Is a narrowing of the leg arteries which can lead to blockage and in some cases amputation. Nine out of ten people with this disease are smokers

Smoking As A Risk Factor.
Cigarette smoking is also a risk factor associated with a number of health problems including:-

- ? Asthma which ca be set off by a number of environmental factors, tobacco smoke being one of the best known triggers. Asthmatics who smoke are more sensitive than usual to the chemicals in tobacco smoke, resulting in narrowing of the air ways and excessive mucous production.
- ? Cancers of the stomach, kidney and cervix
- ? Low fertility in men and women
- ? Miscarriage,still birth, and death in early infancy.
- ? Osteoporosis
- ? Back pain and spinal degeneration

Passive Smoking.
Passive smoking is breathing in the smoke from other peoples cigarettes. This is mainly the smoke that is released from the burning end of a cigarette, called side stream smoke. Smoke breathed in by the smoker of a cigarette is called mainstream smoke.
Sidestream smoke is diluted in the surrounding air, so passive smokers breathe in less smoke. However, the components of sidestream smoke are more dangerous because some particles and gasses are more concentrated, and the particles are smaller. These smaller particles and gasses reach deeper into the lungs and stay longer in the body.

Health Efeects.

- ? Irritant effects:- Most non-smokers experience general discomfort or irritation from tobacco smoke, such as irritation of the eyes, throat and airways.
- ? Heart Disease:- It has been estimated that environmental tobacco smoke causes 23% increased risk of heart disease. This is because passive smoking reduces the amount of oxygen carried in the blood stream. Chemicals in tobacco smoke also work to clog the arteries and cause blood clots which may lead to heart and stroke.
- ? Lung Cancer:- Studies have confirmed that passives smoking causes lung cancer in healthy non-smokers. The U.S have classified sidestream smoke as a Group A (proven human) lung cancer causing agent. The lung cancer risk of a non-smoker living with a smoker is increased by around 26%.
- ? Existing health conditions:-The conditions of people with allergies and lung disease can be aggravated by exposure to tobacco smoke as it has small but significant effects on respiratory health. The heart may also work less effectively as the result of the lungs picking up less oxygen.
- ? Pregnancy:- The unborn child is a passive smoker because it receives tobacco by-products through its mother's blood stream. The nicotine increases the baby's heart rate and the carbon monoxide takes the place of oxygen in the blood, leaving less for the baby. Smoking during pregnancy increases the risk of sudden infant death.
- ? Infancy:- There are also risks after the baby is born. In the first year of life, smoking is considered one of the major risk factors for sudden infant death. If the baby is breast fed by a smoking mother, nicotine and other tobacco by-products are passed on through the milk.
- ? Childhood:- Cigarette smoking is more dangerous for young children than adults because they have smaller, and more delicate lungs which are still developing. Children of smokers are around 60% more likely to have serious chest infections, especially during the first years of life.

Pre – Viewing Activities.

Discussion and research centred on the following topics.

- ? What is blood pressure?
- ? What is muscle tension?
- ? What is lung function
- ? What is nicotine?
- ? What does oxygen do in the blood?
- ? What effect does carbon monoxide have on blood cells?

Students should also examine the number of people who smoke and have smoked.

VIDEO TIMELINE.

00.00	Video Begins
00.44	Opening title **"Not Fatal Butt…….**
02.44	TITLE:- **Blood Pressure Test**
05.19	TITLE:- **CIRCULATION TEST**
07.19	TITLE:- **TENSION TEST**
10.30	TITLE:- **LUNG FUNCTION TEST**
13.03	TITLE:- **CARBON MONOXIDE TEST**
16.40	END CREDITS

STUDENT WORKSHEET

1. When do most smoking related diseases show?
2. What does blood pressure measure?
3. What effect does smoking have on blood presssure?
4. How many milligrams of nicotine can kill?
5. How many milligrams of nicotine are there in one cigarette?
6. What does the Circulation Test measure?
7. What happens to blood flow after smoking?
8. What effect does nicotine have on blood vessels?
9. What effect does nicotine have on muscle tension?
10. Many smokers argue that smoking …….. Stress
11. Nicotine is a ……
12. What is the effect of tobacco on lung function?
13. Do low tar cigarettes improve lung function?
14. I n the test a cigarette increased the amount of carbon monoxide from 1 part per million to …… parts per million.
15. What does carbon monoxide replace in haemoglobin?
16. What does the presence of carbon monoxide in the bloodstream mean for every cell?

ANSWERS TO THE QUESTIONS
STUDENT WORKSHEET

1. When do most smoking related diseases show?
LATER IN LIFE
2. What does blood pressure measure?
THE PRESSURE AGAINST WHICH THE HEART HAS TO PUMP
3. What effect does smoking have on blood presssure?
INCREASES IT
4. How many milligrams of nicotine can kill?
40 MILLIGRAMS
5.How many milligrams of nicotine are there in one cigarette?
1 MILLIGRAM
6. What does the Circulation Test measure?
THE FLOW OF BLOOD TO THE SKIN
7. What happens to blood flow after smoking?
IT IS RESTRICTED
8. What effect does nicotine have on blood vessels?
IT CONSTRICTS THEM
9. What effect does nicotine have on muscle tension?
IT INCREASES IT
9. Many smokers argue that smoking ……. Stress
EASES
10. Nicotine is a ……
STIMULANT
11. What is the effect of tobacco on lung function?
REDUCES IT
12. Do low tar cigarettes improve lung function?
NO
13. I n the test a cigarette increased the amount of carbon monoxide from 1 part per million to …… parts per million.
16
14. What does carbon monoxide replace in haemoglobin?
OXYGEN
15. What does the presence of carbon monoxide in the bloodstream mean for every cell?
IT HAS TO WORK WITH A REDUCED OXYGEN SUPPLY.

ACTIVITIES POST VIEWING

RESEARCH.

Document the changes in smoking patterns.

? What are the effects of passive smoking?
? Do filters work?
? Why do people take the first puff?
? How would you stop a determined smoker?

DEBATE TOPICS.

? Smoking should be illegal
? Smokers should not be treated by the NHS