



## What Happens to Your Body When You Smoke?

*Directions: Read the story, then answer the questions. Write your answer in the space provided or circle the letter next to the correct answer.*

**S**moking even one cigarette can make you begin to produce more phlegm, cough more, experience increased heart rate and shortness of breath, and may make you dizzy. It will coat your tongue with mucous so that your sense of taste is decreased, and it can affect your ability to smell. If you keep smoking, in a very short while you may start to experience wheezing and shortness of breath. Smoking can lead to clogging of your arteries because it causes blood platelets to stick together and clump up in your blood vessels. Smoking, or even being around smoke, can damage your hearing as smoke settles into your middle and inner ear. Eventually, smoking can lead to high blood pressure, stroke, heart attack, and cancer. Its very least effects will include smelly hair, bad breath, bad smelling skin and clothing, and discolored teeth. Will you become addicted? If you smoke it is likely, and it can happen even after just a few cigarettes.

1. Name three organs or body systems affected by smoking even one cigarette:

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2. How can smoking clog your arteries and veins?

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3. What title would you give if you had to re-title this selection?

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4. Which of the following affects of smoking has the most lethal result?

- a. bad breath
- b. heart attack
- c. yellow teeth
- d. shortness of breath

5. Which of the choices above do you think most kids worry about? Give at least 3 reasons or examples of your answer.

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