

# TEAM A

## TOBACCO BASKETBALL QUESTIONS

	<b>QUESTION</b>	<b>ANSWER</b>	<b>POINTS</b>
1.	True or False? Secondhand smoke is the third leading cause of preventable death in the U.S.	<i>True.</i>	2
2.	True or False? Nicotine is as addictive as heroin and cocaine.	<i>True. Nicotine withdrawal symptoms include coughing, headaches, nervousness, concentration problems, and irritability.</i>	2
3.	True or False? E-cigarettes only emit harmless water vapor.	<i>False. E-cigarettes do not emit water vapor, but a mixture of various chemicals toxic to human cells in the form of an aerosol (particles dispersed in air). The chemicals in the aerosol travel through the body, to the brain and all other organs.</i>	2
4.	True or False? One e-cigarette (vape) can contain as much nicotine as 20 cigarettes.	<i>True. The amount of nicotine in one standard JUUL or similar cartridge is roughly equal to the amount of nicotine in a full pack of cigarettes.</i>	2
5.	Name 2 of the most common reasons for relapsing after quitting tobacco use.	<i>1. Feelings of anger, frustration, anxiety, stress, and addiction. 2. Interpersonal problems. 3. Social pressure (including simply being around other users).</i>	2  (1 point per answer)
6.	True or False? Tobacco companies add nicotine to cigarettes, e-cigarettes, and e-juice.	<i>True.</i>	2
7.	Yes or No? If you are around someone who smokes, can their smoke be harmful to you?	<i>Yes. "Secondhand smoke" affects people who are near a smoker.</i>	2

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8.	True or False? If you don't inhale the cigarette, it won't harm you.	<i>False. A smoker who does not inhale still absorbs some nicotine into the blood stream. The mouth, lips, and gums absorb carcinogens, which may lead to oral cancer (cancer of the mouth) and gum disease.</i>	2
9.	Yes or No? Can you get cancer from smokeless tobacco?	<i>Yes. People who use smokeless tobacco have a greater chance of developing oral cancer. If someone uses smokeless tobacco over a long period of time, his chance of developing oral cancer is 50 times greater than someone who does not use.</i>	2
10.	True or False? Tobacco use is the cause of 20% of deaths in the United States.	<i>True.</i>	2
11.	True or False? Over 8 million people in the U.S. have at least one serious illness that is caused by smoking.	<i>True.</i>	1
12.	True or False? All 50 states in the U.S. have some rules to prohibit smoking and vaping in certain public places.	<i>True</i>	3
13.	True or False? Smoking reduces the supply of oxygen in the body.	<i>True. Carbon monoxide, a chemical contained in smoke, reduces oxygen in the blood. As a result, the heart of the smoker must work harder to supply the body with needed oxygen.</i>	2

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14.	True or False? 75% of people who smoke want to stop.	<i>True.</i>	1
15.	True or False? Smoking lowers your blood pressure.	<i>False. Nicotine in cigarettes is a stimulant, which causes the heart to pump faster and raises blood pressure.</i>	3
16.	True or False? When a tobacco user stops using tobacco, acute withdrawal usually lasts about 4 weeks.	<i>False. Acute withdrawal lasts about 2 weeks.</i>	3
17.	True or False? Everyone who quits tobacco use experiences the same withdrawal symptoms.	<i>False. People experience different withdrawal symptoms. They can include: cravings, dizziness, heart palpitations, difficulty concentrating, increased coughing, irritability, mood swings, nervousness, sleep changes, stomachaches, dry mouth, and tight throat.</i>	3
18.	True or False? Smoking causes wrinkles.	<i>True. Smoking can speed up the normal aging process of your skin.</i>	2

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1.	True or False? There are only 3 known or suspected carcinogens in tobacco smoke.	<i>False. More than 60 known or suspected carcinogens (cancer causing substances) have been identified in tobacco smoke.</i>	2
2.	True or False? E-cigarettes with nicotine can harm adolescent brain development.	<i>True.</i>	2
3.	True or False? Tobacco use may affect your health, but otherwise it is harmless.	<i>False. For example, cigarettes are responsible for about 1,500 fire-related deaths and 4,000 injuries every year.</i>	2
4.	True or False? Someone who has never smoked a cigarette can get lung cancer from being around people who are smoking.	<i>True.</i>	1
5.	What is tobacco?	<i>Tobacco is a plant. It has brown-colored leaves that are cured and dried.</i>	2
6.	True or False? A recent study found that cigarette smoking reduces the production of sexual hormones in a man.	<i>True.</i>	2
7.	What is the main ingredient in tobacco that affects you?	<i><u>Nicotine</u> is one of the main ingredients in tobacco that affects you. It is a stimulant and is highly addictive.</i>	2

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	<b>QUESTION</b>	<b>ANSWER</b>	<b>POINTS</b>
8.	Yes or No? Is nicotine the only thing in e-cigarettes that is bad for your health?	<i>No. E-cigarette aerosol (often called vapor) that users breathe in can contain harmful substances, including: 1) ultra-fine particles that can be inhaled deep into the lungs; 2) at least 10 cancer-causing chemicals; 3) heavy metals such as nickel, tin, and lead; 4) certain flavoring (such as diacetyl) contain chemicals linked to a serious lung disease; and 5) volatile organic compounds.</i>	2
9.	What is meant by “tar” in cigarettes, and how does tar affect your health?	<i>Cigarette tar is a product of burned resin of tobacco leaves. It is the brownish glue on the filter tips of the cigarettes. Smoking a cigarette deposits tar on the respiratory tract. Tar coats and irritates the lining of air passages in the lungs. Tars are cancer-causing substances in tobacco.</i>	2
10.	True or False? Lung cancer is the only cancer caused by smoking.	<i>False. It can also cause cancer in other places in the body that have contact with the smoke, such as the mouth, throat, etc.</i>	2
11.	What is the #1 cause of dying before one’s time?	<i>Using tobacco.</i>	2
12.	Tobacco use is the #1 cause of: a) emphysema, b) lung cancer, c) fatal heart attacks, or d) All of the above	<i>D) All of the Above is correct.</i>	3

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13.	True or False? 7 out of 10 middle and high school students who use tobacco, have used a flavored product.	<i>True. Flavored tobacco products are dangerously appealing to youth and young adults. 81% of youth and 86% of young adults who ever used tobacco—even once or twice in their lifetimes—reported that the first tobacco product they used was flavored.</i>	1
14.	True or False? With each cigarette he or she smokes, a smoker loses 5 minutes of life.	<i>False. A smoker actually loses 7 minutes of life with each cigarette smoked.</i>	3
15.	True or False? In the U.S., secondhand smoke is responsible for about 1,000 lung cancer deaths each year in non-smokers.	<i>False. It is responsible for over 7,000 lung cancer deaths each year in non-smokers.</i>	3
16.	True or False? In the U.S., secondhand smoke causes approximately 46,000 heart disease deaths each year in non-smokers.	<i>True.</i>	2
17.	True or False? Withdrawal symptoms only occur from cigarettes, not from e-cigarettes.	<i>False. Withdrawal symptoms apply to users who quit all types of tobacco products, including cigarettes, e-cigarettes, chewing tobacco, snuff, hookah tobacco and cigars (all of which contain nicotine).</i>	2
18.	True or False? Smoking does not damage arteries.	<i>False. Smoking causes changes in the inner walls of the arteries, which contributes to coronary artery disease.</i>	3