

How smoking affects the body



▶ How Smoking Affects the Body on 'The Doctors'
posted by The Doctors

Produced by: The Doctors.com
Uploaded: 05/05/2010
Licence: YouTube standard

1 Before watching the video, in pairs discuss what you remember about smoking and how it harms your health. Carry out a survey of the people in your families / among your teachers who smoke and report the results orally. You may use some of the sentences suggested below.

- About ...% of the members of our families smoke/don't smoke.
 ...% of the smokers are men/women.
 ...% of them started smoking when they were teenagers.
 ...% of them smoke more/less than 10 cigarettes a day.

2 Watch the video twice and complete the sentences below with one or more words.

- The nicotine in cigarettes causes your to increase.
- The nicotine in your brain increases the release of
- When cells get flooded with dopamine, you have that relaxation.
- When you don't have any more cigarettes, you become and
- You need nicotine to keep the pleasure centres filled and that's why you end up smoking a a day.
- Diseased lungs are less, less pliable, that's why they can't exchange well.

Healthy Lungs
In healthy people who live in a clean environment, the lungs are light pink

A BREATH OF FRESH AIR
KEEP THEM HEALTHY!

Smoker's Lungs
In smokers, the lungs appear dark and mottled owing accumulation of inhaled tar and impurities from cigarettes.

SMOKING DAMAGE
SMOKE AND THE LUNGS
CANCER FACTS
NEED HELP QUITTING SMOKING?

Breath of Fresh Air
The average human inhales 388 cubic feet of air a day, enough to fill the total volume of 3 mid-sized sedans. About 19 cubic feet of that is pure oxygen, or enough to fill one sedan's trunk. A smoker's lungs have a reduced capacity to absorb oxygen, so the person may not get the oxygen they need.

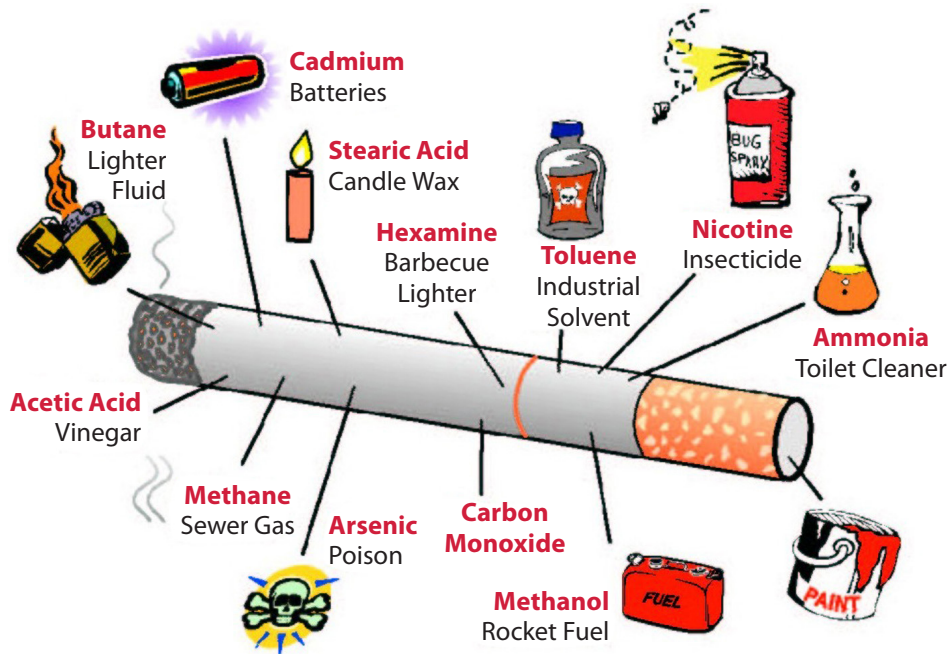
388 cubic feet of air a day = Enough to fill 3 sedans a day
 19 cubic feet of oxygen a day = Enough to fill the trunk of 1 sedan

Source: Physiology, standard medical student knowledge

Healthy lungs vs. diseased lungs

3 Watch the video again and answer the following questions.

- What are the effects of nicotine on your body?
- What does nicotine do to your brain?
- How does nicotine create an addiction to smoking?
- What are the 'visible' differences between healthy lungs and diseased ones?
- What can a doctor guess about a patient walking into the E.R. from the way s/he breathes?
- Is it possible for a diseased lung to go back to its original condition?



What's in a cigarette