Student Resources in Context

Reference Article Tutorial

Full-text magazines, newspapers, reference, overviews, critical essays, primary sources, and multimedia on a broad range of topics, people, places, and events.

At home you will need the **Gale Databases** user name and password from the library’s Gold Sheet.
Select Reference
Type in your **topic** in the **Search Reference** box
As you type, Search Assist will list keywords.
There are 263 Reference articles about smoking.
Limit your search to Topic Overview
You may then choose to refine by subject.
Scroll through the list to find a suitable article on your reading level.
Notice the color coding for reading/content level

Advanced

Intermediate

Basic

I like spending time with my uncle, but he’s a smoker. I don’t want to be exposed to secondhand smoke. What should I…

[ILLUSTRATION OMITTED] STEVE: Facts first. The U.S. Surgeon General reports that secondhand smoke can cause death and disease in young people. And 60 percent of U.S. children ages 3 to 11—some 22 million kids—are...

Adult acne often comedonal, tied to smoking

Family Practice News, August 1, 2010

Among adult females with acne, 85% have large and small comedones, with few inflammatory lesions, a study has shown. The finding goes against the commonly held belief that postadolescent acne is more often associated...

Secondhand smoke may raise C-reactive protein

Family Practice News, August 1, 2010

Healthy adults exposed to high levels of secondhand tobacco smoke...
The health consequences of smoking

There is a strong relationship between the length of time a person smokes, the number of cigarettes a person smokes each day, and the development of smoking-related diseases. Simply put, the more one smokes, the more one is likely to suffer ill effects.

Cigarette smoke weakens blood vessel walls and increases the level of cholesterol in the blood, which can lead to atherosclerosis (a disease in which fatty material is deposited in the arterial walls). It can cause the coronary arteries to narrow, increasing the risk of heart attack due to impaired blood flow to the heart. Smoking also increases the risk of stroke (a blood clot or rupture in an artery of the brain).

In addition to lung cancer, smoking can cause cancers of the mouth, throat, voicebox, cervix, and bladder. Drinking alcohol while smoking causes 75 percent of all mouth cancers. People who have a tendency to develop cancer because of hereditary factors may have the condition more quickly if they smoke.

Smoking is the leading cause of lung disease in the United States and results in death from conditions such as influenza, bronchitis, emphysema, and chronic airway obstruction. Smoking increases the risk of cancer of the lungs and destroys cilia, the tiny hairlike structures that normally sweep debris out of the lungs.

Nicotine addiction

The nicotine in cigarette smoke causes the release of a chemical in the brain called dopamine. When the level of dopamine in the brain is increased, a person experiences feelings of pleasure and contentment. In order to sustain these feelings, the level of nicotine in the body must remain constant. A smoker becomes dependent on the good feelings caused by the release of dopamine and thus becomes addicted to nicotine.

- Lung comparison

Source Citation:
Cigarette smoke

U*X*L Encyclopedia of Science, July 16, 2007

Cigarette smoke contains cancer-causing substances called carcinogens. Cigarette smoking is the major cause of lung cancer and emphysema (a serious disease of the lungs). People who smoke are also at increased risk for developing other cancers, heart disease, and chronic lung ailments. In the United States alone, cigarette smoking is responsible for almost 500,000 premature deaths per year.

Cigarette smoke is called mainstream smoke when it is inhaled directly from a cigarette. Sidestream smoke is smoke that is emitted from a burning cigarette and exhaled from a smoker's lungs. Sidestream smoke is also called environmental tobacco smoke or secondhand smoke. Passive smoking, or the inhaling of secondhand smoke by nonsmokers, is believed to be responsible for about 30,000 lung cancer deaths per year. Nonsmokers exposed to secondhand smoke also have a greater chance of suffering from respiratory disorders.

Components of cigarette smoke

Over 4,000 different chemicals are present in cigarette smoke. Many of these are toxic, or capable of causing changes in the genetic material of cells that can lead to cancer. Cigarette smoke contains nicotine, an addictive chemical, and tar, which is toxic by inhalation. In addition, there is carbon monoxide, which has the effect of decreasing the amount of oxygen in the blood.

When cigarette smoke is inhaled, it travels through the respiratory system to the lungs and released into the bloodstream. From there it enters the heart and is pumped to all parts of the body. It can reach the heart, the lungs, the gastrointestinal tract, muscles, and bones. It can also cross the placenta and may affect development of the fetus.

Related Subjects

Smoking
Cigarettes
Passive smoking
Carcinogens
Lung diseases
If you are unhappy with your results, go back to the Pathfinder to search the next database.
Be sure to consult the Printing Tutorial before printing your article!