



- Many people think smoking is just another 'bad habit', like eating junk food. Smoking is much more dangerous than that.
- Smoking is the single biggest cause of preventable death in Canada, with 47,000 Canadians dying each year from tobacco use.
- Smoking deaths don't just happen to people who are very old. You can get lung cancer or other smoking-related cancers and diseases in your teen or your twenties.
- This presentation is going to give you some of the information you need to know about how smoking can affect your health, your sport, and your life!

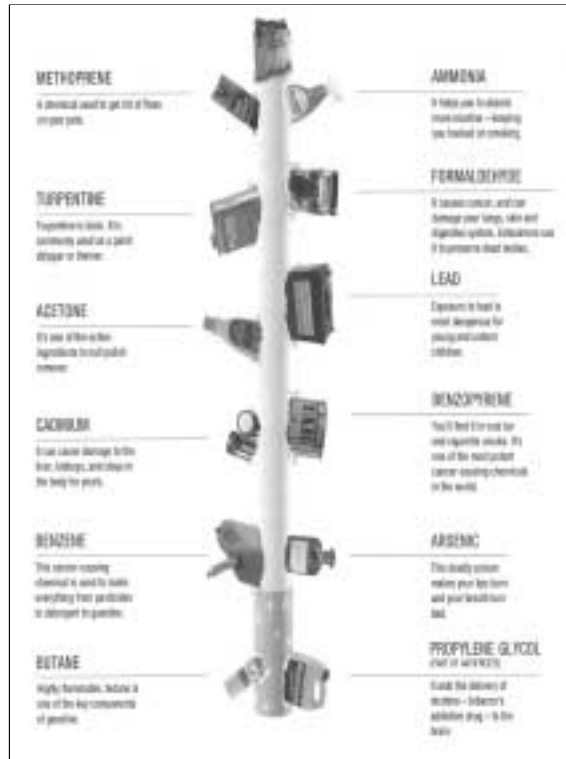
WARNING:
Do not Start Smoking...
You **will** get addicted

Cigarette smoking and other forms of tobacco are addictive

What is in tobacco that makes it so addictive?



- Anyone who starts smoking is at risk of becoming addicted.
- Nicotine is the mood-altering drug in cigarettes that is highly addictive. Studies show that nicotine is as addictive as heroin and cocaine. About 8 out of 10 people who try smoking get hooked.
- Nicotine enters the brain within 10 seconds after taking a puff.
- Nicotine increases your heart rate, increase your breathing rate, can cause blood to thicken and clot leading to a stroke and may cause nausea and other symptoms of nicotine poisoning.
- It is hard to quit smoking for 2 reasons:
 - Physical Addiction – the body develops an addiction to nicotine.
 - Psychological Addiction - the act of smoking can result in pleasure or comfort for the smoker.
- The smoker will experience withdrawal symptoms when they stop smoking because nicotine is no longer delivered to the brain.
- These symptoms can include nervousness, restlessness, difficulty concentrating, headaches, irritability, and difficulty sleeping. These symptoms are strongest in the first few days after quitting.



- There are over 4,000 chemicals, including 50 known cancer-causing chemicals, that are released into the air when a cigarette is smoked.
- Some of these carcinogens are found naturally in tobacco, some are added during manufacturing and others are created through the combustion or burning of tobacco.
- Even though the amount of chemicals in each cigarette is small, it builds up in the body – the amount stored in the body increases with each puff of a cigarette.
- With over 10 puffs per cigarette, if a person smoked a pack a day they would inhale 73,000 puffs of dangerous toxins in one year.

Health Effects



Chemicals found in cigarettes affect the way your body is supposed to work.

They hurt all three of your body's main systems:

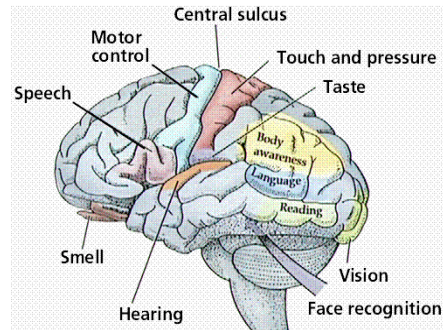
- The Nervous System
- Cardiovascular System
- Respiratory System



• What happens when you take a puff of your first cigarette? The effects on your body are immediate:

- Your heart beats faster, your breathing becomes rapid and shallow.
- The circulation in your body slows down, causing your fingers and toes to get colder.
- Poisonous chemicals hit your bloodstream and nicotine begins to feed the cycle of addiction.

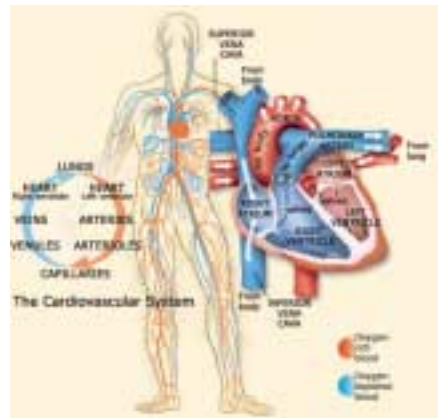
The Nervous System



At the centre of the nervous system is the brain. The brain sends and receives messages through a network of nerves.

- The nicotine found in cigarettes affects the way that our brain works which can make it harder to control our bodies as well as we should.
- Control is one of the most important components of sports and exercise.
- Lack of control can cause numerous problems.
- Not only will you perform poorer when playing a sport, you can physically hurt yourself as well as others.
- Mentally you can become irritable if you choose to quit smoking (this may last for a few days which may affect your 'game' but it is still worth quitting).
- If your brain received too much nicotine, you can develop sleep problems such as insomnia, which will affect your ability to be alert the next day.
- Is smoking really worth losing sleep over? What about a game or a match?

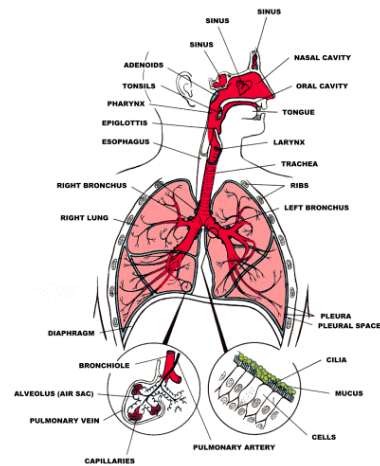
The Circulatory System



The Circulatory system transports oxygen and nutrients to the body's cells. It also takes waste materials away. The heart is the pump that keeps this transport system moving.

- Blood is a vehicle for delivering oxygen and nutrients to our body's tissues and organs – without it they die.
- The circulatory system makes up the piping highways in which the blood flows.
- The inside of each healthy blood vessel is coated with a thin layer of cells that ensure smooth blood flow.
- Carbon monoxide from smoking or second-hand smoke damages this important layer of cells, allowing fats and plaque to stick to the walls.
- Nicotine increases the heart rate, which means the smoker's heart has to work much harder to produce the same effect as a non-smoker's heart.
- Blood vessels constrict, leading to reduced blood flow and increased blood pressure. Long term it can lead to strokes and heart disease.
- You will tire out from exercise quicker than normal.

The Respiratory System



The respiratory system takes in oxygen that we breathe in and lets out any carbon monoxide that we don't need.

- Unfortunately, the respiratory system is affected greatly from smoking.
- The respiratory system works to bring in oxygen to feed your muscles and get rid of carbon monoxide.
- It's really important for athletic performance.
- Smoking damages lung tissue and reduces the lungs ability to get oxygen to the muscles.
- This can cause many problems with breathing and endurance.
- Even young smokers have reduced lung capacity.
- Long-term effects of smoking can cause emphysema, bronchitis or asthma. These diseases permanently damage smokers lungs and airways.
- The good news is that the respiratory system can usually repair itself if you quit smoking. Cilia regrow and lung function increases and the risk of lung cancer decreases over time.

Smokeless (Spit) Tobacco

Smokeless does not mean harmless



One tin of snuff has the same amount of nicotine as 60 cigarettes.

Studies shows that spit tobacco DOES NOT boost athletic performance.

On average, half of all oral cancer victims die within five years.

At least 70% of all major league Baseball players don't chew or dip.

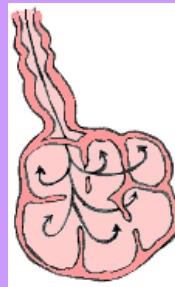


- Some kids believe that spit tobacco (chew, snuff, dip) is safe. This is a lie.
- The dirty truth is that spit tobacco contains more nicotine than cigarettes do. It also contains over 3,000 chemicals, including 28 known cancer-causing chemicals.
- Some athletes use spit tobacco because they think it boosts performance. This is not true. Studies show no improvement.
- Spit tobacco does a lot of damage to the inside of your mouth:
 - Leukoplakia (white leathery patches that can develop into cancer)
 - Worn or lost teeth, cavities, yellowing of teeth, gum disease and bad breath.
- Worse yet, spit tobacco causes cancer of the mouth, throat and voice box. The earlier you start, the longer you chew, the more risk you have for cancer.
- Recently, both professional baseball (minor leagues) and junior hockey (Western Hockey League) have banned the use of smokeless (spit) tobacco by players, coaches and officials.

The facts about...
EMPHYSEMA



Healthy Alveolus



Emphysema

**What Does it Feel Like to
Have Emphysema?**


- Emphysema is a serious disease.
- In 80-90% of cases, emphysema is caused by smoking. Exposure to second-hand smoke and indoor air pollution may play a role as well.
- When the bronchi (air sacs) are damaged by cigarette smoke, the walls of the tiny air sacs and blood vessels may be destroyed.
- A patient with emphysema may not be able to walk or do other physical activity without being very short of breath. Even small physical exertion is difficult.
- As the disease gets worse, the heart must work harder to pump blood. The heart may get larger because of the strain. Often, it will eventually give out.

Demonstration

This demonstration will show how hard it is to breathe with emphysema. You will need:

- **Plastic coffee stirrers (the narrow straw with hollow ends)**
- **A watch which allows you to count seconds.**
- **Pass out plastic coffee stirrers. Each student should receive only one straw.**
- **As you hand out the straws, tell the group:**
- ***Put this straw in your mouth. I want you to breath ONLY through your mouth. If you want to be sure you won't get any air in any other way, pinch your nose. Let's all try to breathe through the straw for one full minute.***
- **At the end of one minute, ask the group: *How did it feel? Did you start to feel panicky about getting enough air? How do you think it would feel to breathe like that for a full day? For a year? For ten years?***

Smoking and Athletic Performance




•Smokers lose up to half of any performance gains because of the effects of smoking.

Physical Effects

- Shortness of breath/ stamina
- Muscle growth
- Heart Problems
- Control of your body

Mental Effects



- Lack of concentration
- Lack of control

- How often do you see elite athletes smoking on the sidelines? Probably never...
- This is because most athletes know cigarette smoking damages their sports performance.
- Generally, smokers are not as fit as non-smokers.
- They suffer shortness of breath, have reduced endurance, are slower to react and have poorer visual judgments.
- Inhaling tobacco smoke causes several immediate responses within the heart and its blood vessels:
 - Within one minute of starting to smoke, the heart rate begins to rise.
 - It may increase by as much as 30 percent during the first 10 minutes of smoking.
- Nicotine raises blood pressure: Blood vessels constrict which forces the heart to work harder to deliver oxygen to the rest of the body.
- Meanwhile, carbon monoxide in tobacco smoke reduces the blood's ability to carry oxygen. Because of this, people who smoke run out of breath more easily and generally can't keep up the pace of non-smokers, both on and off the playing field. Smokers run out of breath three times faster than non-smokers.
- Smoking restricts athletes from playing to their full potential.
- This can be very disappointing to your self and can mean letting your team down.
- No matter how good an athlete you are, you will play better if you don't smoke.

Get in the Game:
Take the Challenge
to
Be Smoke Free!



- If you make the commitment you will:
 - Receive a certificate
 - Receive a free Butthead t-shirt
 - Be entered in a draw for major prizes:
 - Sports package (including a trampoline and a mountain bike)
 - Electronics package (including a digital camera and photo printer)
 - Be recognized in an ad in News/North

•Throughout the summer, you'll be seeing Butthead at sporting events across the NWT. In the fall, The Challenge to Be Smoke Free will also be coming to your school.

•I encourage you to think about if you want to Take the Challenge to Be Smoke Free. If you decide you really want to be a non-smoker, you can fill out a commitment card and sign it. You'll also need to have your parent or guardian to sign the form if you're under 16.

•You can mail it into the contest and you'll receive your certificate and t-shirt.

•Plus you'll be entered to win a Sports Package (which includes a trampoline and a mountain bike) or an Electronics Package (which includes a digital camera and photo printer). The draws will be held in January and May of 2005

•And everyone that makes the commitment gets their name printed in an ad in News/North.



So let's
kick butt!

- Surf the website at www.dontbeabutthead.ca or try the CD version
- Check out the touch and feel display
- Watch the video, with real people's stories about smoking
- Watch our ad at the movie theatres and see who you know

•There's lots of stuff to see hear and so on the website - find out what you know, get grossed out, see who's made the commitment; see people you know talking about smoking. And if you make the commitment, your name will be added to the list

•The display also has gross out pictures, shows you how much smoking costs, talks about the ingredients in cigarettes and the lies the cigarette makers want you to believe about smoking.

•There's also a video that has an NWT teen host who talks with Butthead and real life people who talk about smoking, plus some young people who have chosen to remain smoke free for life.

•If you go to the movies in Yellowknife, Hay River or Fort Smith, you will probably see our ad with young people from across the NWT encouraging you to BE SMOKE FREE

•So come on, let's Take the Challenge and Be Smoke Free!

Discussion

•Did you learn anything new from this presentation?

•Should smoking be banned from sporting events?

•Should tobacco companies be allowed to sponsor sporting events/athletes?

• Are you committed to be smoke free?



(Hand Out Commitment Cards to anyone interested.)