

Read the article.

## Up in Smoke!

### A Serious Problem

Cigarette smoking kills more than 480,000 Americans each year. Everyone knows smoking causes lung cancer. It also leads to diseases of the heart and blood vessels.

Cigarettes are just one tobacco product. Others are cigars, cigarillos, pipe tobacco, smokeless tobacco, and e-cigarettes. E-cigarettes are electronic cigarettes. These aren't safer than cigarettes. No tobacco product is safe.

### Smoking Does Damage

Smoking hurts blood vessels. It causes a substance called *plaque* to build up in arteries. It also makes blood clot, or clump together, more often. This can cause a heart attack or stroke. Smokers live 11 to 12 fewer years than people who don't smoke.

Secondhand smoke comes from other people's cigarettes. Many children live with people who smoke. They often get illnesses that affect breathing. Each year, about 42,000 people die from diseases caused by secondhand smoke.

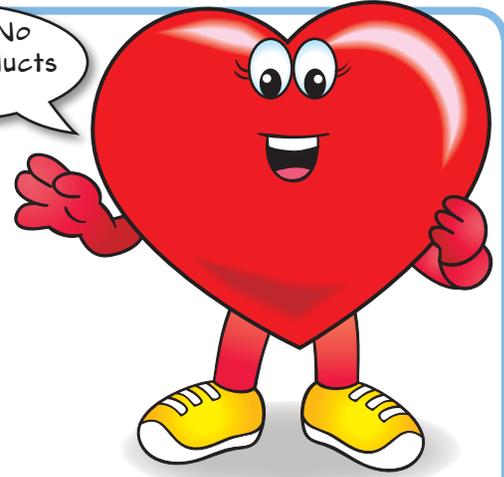
### Poisonous Chemicals

Cigarette smoke contains more than 7,000 chemicals that are bad for your health. One is a poisonous gas called *carbon monoxide*. Another is a drug called *nicotine*. Both can be bad for your heart. Nicotine makes people addicted to cigarettes. This means when the nicotine wears off, their bodies want another cigarette.

### How to Quit

Some people quit smoking suddenly. Others cut down slowly. Either way, quitting can be hard. People may feel nervous and cranky. Some medicines can help. People can take stop-smoking classes. It doesn't matter how you do it. Quitting smoking is one of the best ways to improve your health.

Remember: No tobacco products are safe!



Write the answers.

1. More than \_\_\_\_\_ Americans die from cigarette smoking every year.
2. True or False: Cigars, cigarillos, pipes, e-cigarettes, and smokeless tobacco are safer than cigarettes.  
\_\_\_\_\_
3. Smoking causes \_\_\_\_\_ to build up in arteries.
4. What is secondhand smoke? \_\_\_\_\_  
\_\_\_\_\_
5. Name two dangerous chemicals found in cigarettes. \_\_\_\_\_  
\_\_\_\_\_

(RI.3.1)  
**Answer Key**

**“Up in Smoke!”**

1. 480,000
2. False
3. plaque
4. smoke that comes from other people’s cigarettes
5. carbon monoxide and nicotine