

Glossary

TOBACCO

C

carbon monoxide a gas that blocks oxygen from getting into the bloodstream

carcinogen (kahr SIN uh juhn) any chemical or agent that causes cancer

E

emphysema a respiratory disease in which air cannot move in and out of alveoli because they become blocked or lose their elasticity

environmental tobacco smoke (secondhand smoke) a combination of exhaled mainstream smoke and sidestream smoke

M

mainstream smoke smoke that is inhaled through a cigarette and then exhaled by a cigarette smoker

N

nicotine the highly addictive drug that is found in all tobacco products

nicotine substitutes medicines that deliver small amounts of nicotine to the body to help a person quit using tobacco

S

sidestream smoke smoke that escapes from the tip of a cigarette, cigar, or pipe

T

tar a sticky, black substance in tobacco smoke that coats the inside of the airways and that contains many carcinogens