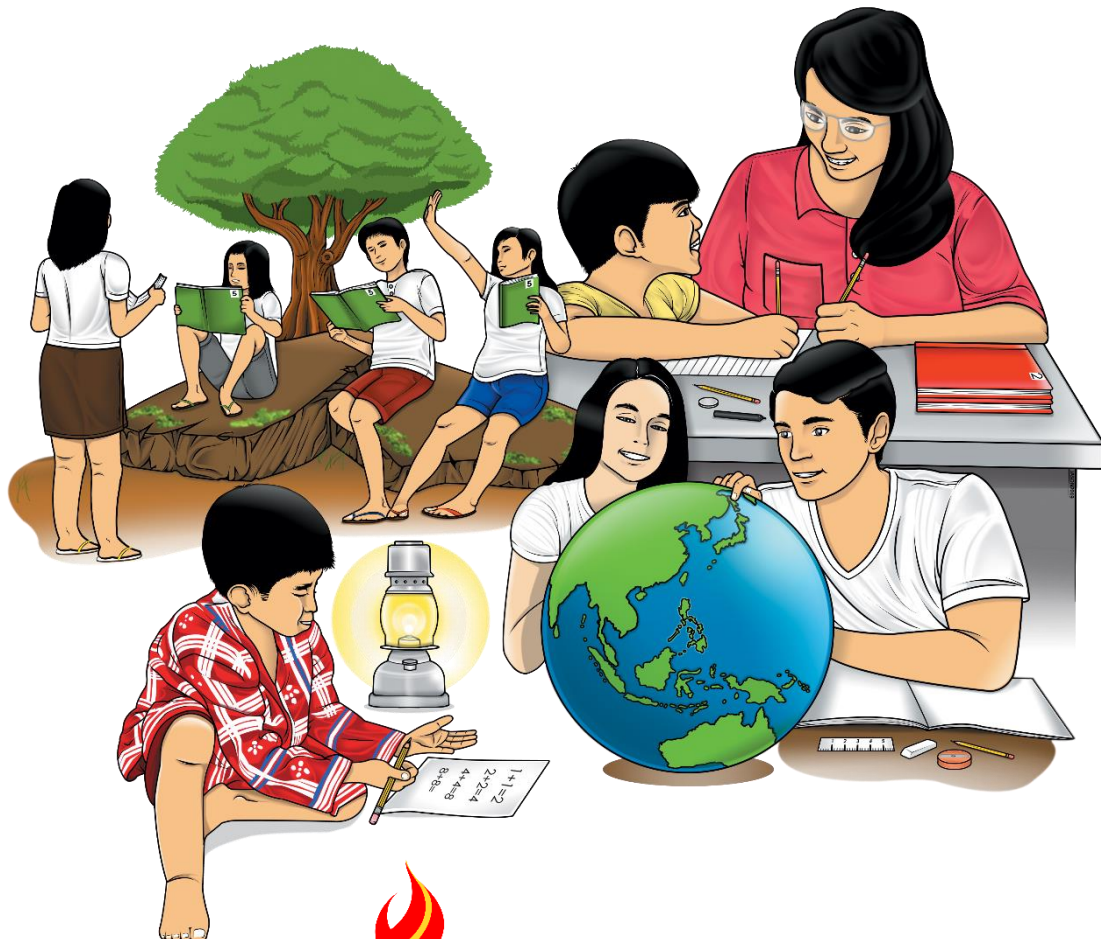


Health

Quarter 4 – Module 2: Impact of Cigarette Smoking



Health – Grade 8
Alternative Delivery Mode
Quarter 4 – Module 2: Impact of Cigarette Smoking
First Edition, 2020

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Health

Quarter 4 – Module 2: Impact of Cigarette Smoking

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

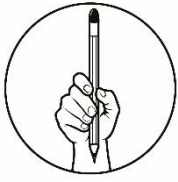
This module was created with your needs in mind. Its aim is to assist you in understanding the negative health effects of consuming alcohol, as well as its adverse effects and physiological changes in the body. The scope of this module permits it to be used in many different learning situations. The terminology used considers the students' various levels of vocabulary. The lesson is arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using. The lessons are from the DepEd mandated learning competencies – which are the same learning competencies from the formal school teaching.

The module consists of one lesson with different sets of activities to help you conceptualize the learning competency and objectives.

Lesson: Cigarette Smoking's Harmful Effects on Health

After going through this module, you are expected to:

1. Examine the implications of cigarette smoking (H8S-IVb-c-29)
 - a. describe the harmful short- and long-term effects of cigarette smoking on the various parts of the body;
 - b. discuss the dangers of mainstream, sidestream second-hand and third-hand smoke;
 - c. compose an acrostic poem advocating the elimination of cigarette smoking's health effects.



What I Know

Read the questions carefully. Choose the correct answer. Write your answer in your activity notebook.

1. What chemical is found in cigarettes that is considered an addictive drug?
 - a. ethyl
 - b. isopropyl
 - c. nicotine
 - d. peroxide

2. Which of the following symptoms is not related to smoking?
 - a. body odor
 - b. bad breath
 - c. hypertension
 - d. carcinoma

3. What are the risk factors of smoking and drinking alcohol?
 - a. allergy
 - b. cancer
 - c. HIV
 - d. measles

4. What type of smoking that a smoker directly inhales?
 - a. mainstream smoke
 - b. secondhand smoke
 - c. sidestream smoke
 - d. third-hand smoke

5. Which of the following statements is **TRUE** about smoking?
 - a. Smoking cigarette is good for breastfeeding mothers.
 - b. Smoking cigarette is best for the sick person.
 - c. Smoking cigarette is dangerous to our health.
 - d. Smoking cigarette is best to treat cancer.

6. What system in the body is more affected when smoking?
 - a. circulatory
 - b. digestive
 - c. reproductive
 - d. respiratory

7. How will you recognize if someone is already obsessed to smoking?
 - a. Loss of appetite.
 - b. Behavior is repetitive.

- c. Uncontrolled shaking of the body.
 - d. Interest to something.
8. What disease is marked by inflammation that makes breathing difficult?
- a. addiction
 - b. anxiety
 - c. bronchitis
 - d. stress
9. What compound has the potential to speed up the central nervous system?
- a. alcohol
 - b. hydrogen
 - c. nicotine
 - d. oxygen
10. What is the first step in avoiding vices?
- a. Accepting invitation to join the party.
 - b. Refusing offer to drink alcoholic beverages and smoking.
 - c. Joining gatherings like birthday party.
 - d. Inviting friends to accompany drinking alcohol beverages in the house.
11. What term means you can't stop using the substance, even though it is causing you harm?
- a. addiction
 - b. bad breath
 - c. body odor
 - d. mental illness
12. When someone quits smoking, how can he/she begin recovery?
- a. Break an old habit
 - b. Let parents decide for yourself
 - c. Ask advices from neighbor
 - d. Visit the nearest rehabilitation center
13. Which of the following is another term for secondhand smoke?
- a. active smoke
 - b. passive smoke
 - c. residual tobacco smoke
 - d. environmental tobacco smoke
14. What health problem may develop in smoking?
- a. strain
 - b. infertility
 - c. laceration
 - d. fracture
15. What a person should do to keep away from smoking?
- a. Continue the habit in smoking
 - b. Hang around with vicious friends
 - c. Engage into physical activities like sports
 - d. Ignore the advice of the health professionals

Lesson

1

Cigarette Smoking's Harmful Effects on Health

This module will educate you about the adverse effects of cigarette smoke on your health. It is important to be aware of this issue in order to comprehend the effect of cigarette smoking on your health, which can result in the development of various diseases that can lead to death.



What's In

In the previous module, you have gained an understanding of what gateway drugs are. This time, let us check if you have a clear understanding of your previous lessons.

Activity 1. POINT OUT

Directions: Read each statement carefully and choose the correct answer from the box. Write your answer in your activity notebook.

| | | |
|--------------|---------------|---------------|
| Addiction | Cocaine | Hallucinogens |
| Alcohol | Depressants | Marijuana |
| Amphetamines | Ecstasy | Nicotine |
| Caffeine | Gateway drugs | Stimulants |

- _____ 1. A gateway drugs that speeds up the Central Nervous System
- _____ 2. A gateway drugs that slows down the Central Nervous System
- _____ 3. A drug that has the ability to alter a user's sensory perception by distorting the reality
- _____ 4. A type of drink produced by fermentation of fruits, grains and other sources of sugar
- _____ 5. It is considered as "soft-drug" or just "herb" and is addictive

- _____ 6. It is frequently used as recreational drug and euphoriant
- _____ 7. It is synthetic, addictive, mood altering and illegally used as stimulant but legally prescribe drug to treat children with ADD (Attention Deficit Disorder) and adults with narcolepsy
- _____ 8. It is a natural stimulant found in tea and coffee
- _____ 9. It is a common substance used to produce cigarette
- _____ 10. This drug causes a person to increased energy, pleasure, emotional warmth and distorted sensory and perception
- _____ 11. Marijuana, cocaine amphetamines are example of _____.
- _____ 12. Soda and energy drinks contains _____.
- _____ 13. Caffeine is an example of _____.
- _____ 14. Beer is an example of _____.
- _____ 15. Prolonged used of gateway drugs can lead to _____.



What's New

Activity 2. Draw and Pick Me

Directions: Draw a cigarette stick and write on it the harmful chemicals which are found inside box. Do it on your activity notebook.

| | | |
|-----------------|----------|----------|
| Nicotine | Cocaine | Caffeine |
| Carbon Monoxide | Methanol | Butane |
| Hexamine | Methane | Ammonia |
| Acetone | Benzene | Rugby |



What is It

What is Cigarette Smoking?

Cigarette smoking is the practice of smoking tobacco and inhaling tobacco smoke (consisting of particles and gaseous phases). A broader definition may include simply taking tobacco smoke into the mouth, and so releasing it, as is completed by some with tobacco pipes and cigars.

Cigarettes are legal drugs that everybody at any age might use. Many young individuals are desperate to try new things, and since these gateway drugs are accepted in our society, smoking cigarettes and alcoholic beverages are always available in any store that anyone can purchase and which might lead him/her to do more dangerous drugs like marijuana and shabu.

According to the study done by the National Youth Commission (NYC), 2 out of 5 Filipino teenagers aged 13 to fifteen years old smoke cigarettes (philstar.com, March 16, 2012). Furthermore, during a study conducted by an anti-tobacco group within the year 2011, ten Filipinos die once a year of tobacco-related diseases (Philippine Daily Inquirer, Sept. 19, 2011). Health experts explained that the continual increase in cigarette use and alcohol consumption by Filipino teenagers is because of its very cheaper price. Many pro-health groups are now asking the government to increase more taxes of cigarette and alcohol companies. The rise in taxes will likewise increase cigarette and alcohol prices within the country.

Impacts of Cigarette Smoking

1. Body Odor – the absorption of nicotine into the body, both into the lungs and the skin affects the sweat glands. Consuming nicotine causes a person to sweat more and affects the way it smells. If the person sweat extensively, the skin will start to smell like rancid smoke.
2. Bad Breath and Tooth Decay – Tobacco is one of the sources causing bad breath. Moreover, cigarettes as a product of tobacco can cause several oral health problems. Smoking can stain your teeth and put you in danger of several health issues. Those who frequently use tobacco have the higher risk of gum disease. This could eventually contribute to bad breath. Smoking can

even impair your sense of smell. Meaning you will not always be aware of how your breath smells to others.

3. Decreases the function of immune system – smoking harms the system of the body making it less successful at fighting diseases. The system is the body’s way of protecting itself from infection and disease; it works to fight common illnesses like cold and flu viruses leading serious conditions like cancer. Additionally, smoking affects the body’s equilibrium, or balance of the system. This increases the risk of severely immune and auto-immune disorders (a condition caused when the system mistakenly attacks the body’s healthy cells and tissues).
4. Develop different types of cancer – according to a study by researchers from the American cancer society (Simon, 2015), almost half the deaths (48.5%) are from twelve (12) differing kinds of cancer combined are attributed to cigarette smoking. Cancer types known to be caused by smoking include cancer of the liver, colon and rectum, lung, mouth and throat, esophagus, larynx (voice box), stomach, pancreas, bladder, kidney, cervix and acute chronic leukemia.
5. Poor Academic Performance – students who engaged to smoking are more likely to decrease attentiveness, cognitive, and memory functions. They will have difficulty remembering information and develop verbal learning impairment over time. Leading to poor academic performance in school.
6. Mental Illness – Smoking can cause physical symptoms like headaches or breathlessness likewise making people extremely irritable, and anxious or low. These feelings can alter our behavior. Feeling stressed sometimes make people smoke over the usual. Future stress is also associated with anxiety and depression.
7. Loss of interest – When smoking, less oxygen is delivered to the body’s cells, to the heart and lungs. This decrease in oxygen will reduce as smokers’ physical endurance. Smoking causes both immediate and long-standing effects on exercise and physical activity.
8. Addiction – Consuming nicotine through regular cigarettes or vaping results in the discharge of the chemical dopamine within the human brain. Like many drugs, dopamine prompts or teaches the brain to repeat the identical behavior over and over. This can also be referred to as reinforcement. When an individual consumes nicotine through tobacco or vaping its reinforcing effects can be far more harmful. Repeated use increases the chance of addiction.

Types of Smoking

1. **Mainstream Smoke** – refers specifically to the smoke that a smoker directly inhales.
2. **Sidestream Smoke** – the smoke that comes out of the lighted end of the cigarette or pipe. This can be also called “Secondhand Smoke (SHS)” or “Environmental Tobacco Smoke (ETS)”. This is often more dangerous than mainstream smoke because it’s not filtered and is definitely absorbed by body cells.
3. **Third-Hand Smoke** – smoke left for a protracted time on sofa, beddings, pillow, and other objects. This smoke also called residual tobacco smoke (RTS) settles together with dust and might last for months. This smoke still contains harmful chemicals and carcinogens.

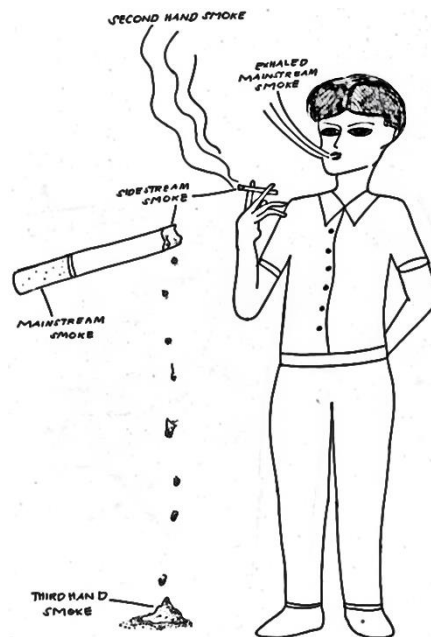
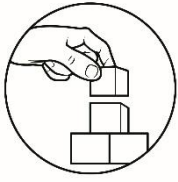


Figure 1. Types of Smoking.

Illustrated by: Mary Joy Oliverio



What's More

Activity 3. Word Search

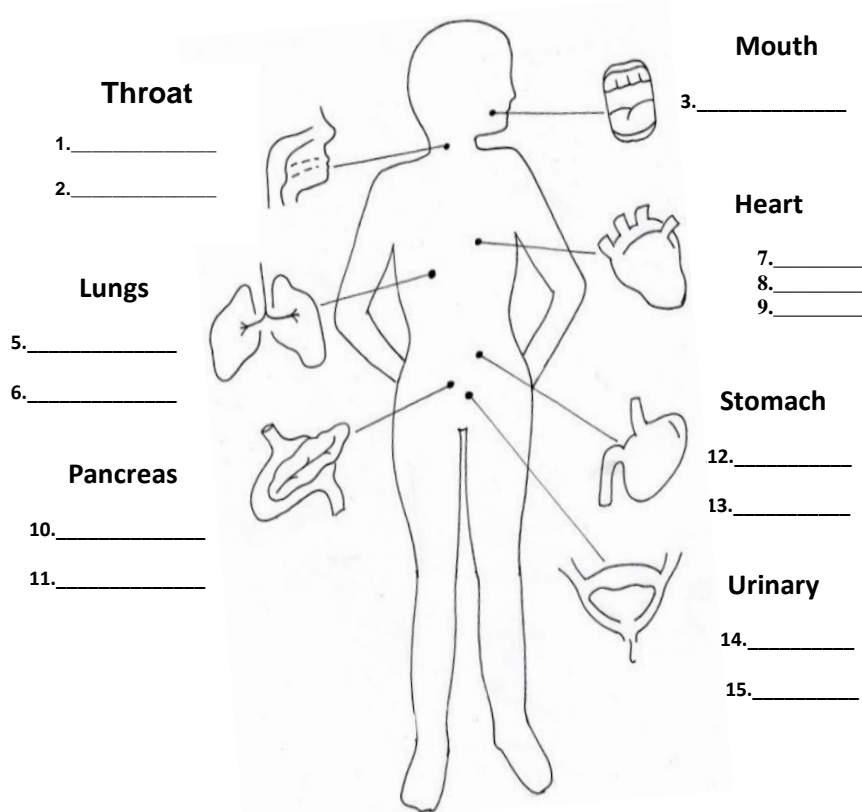
Directions: Find the words in the grid and write your answer in your activity notebook.

| | | | | |
|--------------|---------------|---------------|---------|-------------|
| cataracts | throat cancer | heart disease | chronic | bronchitis |
| mouth cancer | stroke | skin damage | | lung cancer |
| lung disease | emphysema | addiction | | wrinkles |

P K C S C W B Q K I D W P U N Q W F K U
 U K T W Z X I P F M Q E M P H Y S E M A
 V X R S O Z C A T A R A C T S O P Q Z X
 U C E W N O J D K P E O F J Y Z F Y W O
 N H C C A D Y X W M K X K B O K Z I G M
 W R N P Q S H E E N O O C N U B J J O M
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 N I X T E C C K I R K V W V T R C L Y B
 U T N G R P E L U Q L W P L D V A E A Z
 L I K M S J R E I F M Q X X M T S E G W
 E S F X R L N S M C Y J R K M M P M H M

Activity 4. Effect and Deffect

Directions: Identify the diseases and effects of cigarette smoking in the body. Write your answer in your activity notebook.



Illustrated by: Mary Joy Oliverio

Activity 5. Upspot

Directions: Identify harmful short and long-term effects of cigarette smoking. Write your answer in your activity notebook.

| Short-term Effects | Long-term Effects |
|--------------------|-------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |



What I Have Learned

Activity 6. Complete Me

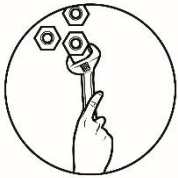
Directions: Complete the sentences by filling up your ideas about what you have learned from this module.

Smoking cigarettes can affect _____

If you are a slave to cigarettes, _____

Everyone can quit smoking _____

If you are able to quit smoking, you _____



What I Can Do

Activity 7. Acrostic Poem Making

Directions: Write an acrostic poem advocating prevention of negative health impact of cigarette smoking. You may use words or phrases that describe the topic word. The first word in each line of your poem should start with the letters of the topic words.

C
I
G
A
R
E
T
T
E

S
M
O
K
I
N
G



Assessment

I. True or False

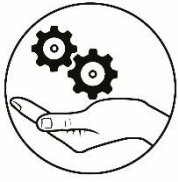
Directions: Write **TRUE** if the statement is correct and **FALSE** if it is wrong. Write your answer in your activity notebook.

- _____ 1. Tobacco harms the systems of the body.
- _____ 2. Secondhand smoke is dangerous to a person's health.
- _____ 3. Smoking inside the school premises is a violation of Republic Act 1006.
- _____ 4. Cancer, pulmonary and heart diseases are some of the risk factors of cigarette smoking.
- _____ 5. Cigarette smoking causes death of thousands of Filipinos every year.
- _____ 6. Pregnant women are advisable to smoke a pack of cigarette for smooth delivery.
- _____ 7. Thirdhand smoke is more dangerous than mainstream smoke.
- _____ 8. Hydrogen peroxide is one of the chemical compounds present in tobacco.
- _____ 9. Smoking cigarette causes infertility of women.
- _____ 10. Smoking cigarette reduces the risk of cancer and other health-related illnesses.

II. Identification

Directions: Identify the following statements below and write your answers in your activity notebook.

- _____ 1. A group of diseases which makes body cells grow uncontrollable
- _____ 2. A chronic disease which affects the airways
- _____ 3. Foul smell exhaled from the mouth
- _____ 4. A thin cylinder containing a narcotic, herbs, or a medicated substance for smoking
- _____ 5. A practice in which a substance is burned and the resulting smoke breathed in to be tasted and absorbed into the bloodstream



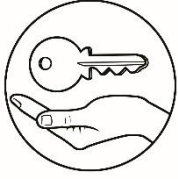
Additional Activities

Activity 8. What Can You Say About Me?

Directions: Write an essay about the effects of cigarette smoking in your activity notebook.

Activity 9. Create and Be Creative

Directions: Make a flyer that contains the harmful effects of cigarette smoking. You may use pictures, drawings, and other creative materials to make your flyer attractive.



Answer Key

| | | |
|--|---|--|
| <p style="text-align: center;">What's New</p> <p>Nicotine Carbon Dioxide Hexamine Cocaine Methanol Methane Benzene Butane Ammonia</p> | <p style="text-align: center;">What's In</p> <ol style="list-style-type: none"> 1. Stimulants 2. Depressants 3. Hallucinogens 4. Alcohol 5. Marijuana 6. Cocaine 7. Amphetamine 8. Caffeine 9. Nicotine 10. Ecstasy 11. Gateway drugs 12. Caffeine 13. Stimulant 14. Alcohol 15. Addiction | <p style="text-align: center;">What I Know</p> <ol style="list-style-type: none"> 1. C 2. C 3. B 4. A 5. C 6. D 7. B 8. C 9. C 10. B 11. A 12. A 13. D 14. B 15. B |
| <p style="text-align: center;">What's I Have Learned</p> <p>Answers may vary</p> | <p style="text-align: center;">What's More Activity 5</p> <p>Short-term Effects</p> <ol style="list-style-type: none"> 1. Body Odor 2. Yellow teeth 3. Lack of Appetite 4. Bad breath 5. Tooth Decay <p>Long-term Effects</p> <ol style="list-style-type: none"> 1. Mental Illness 2. Addiction 3. Lung Cancer 4. Heart Diseases 5. Stroke | <p style="text-align: center;">What's More Activity 4</p> <ol style="list-style-type: none"> 1. Larynx Cancer 2. Esophagus cancer 3. Gum infection 4. Oral Cavity 5. Lung cancer 6. Emphysema 7. Aortic heart disease 8. Pneumonia 9. Heart Disease 10. Pancreatitis 11. Kidney and ureter 12. Ulcer 13. Liver cancer 14. Cervical cancer 15. Erectile dysfunction |

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