

## **Grade 5 Dance: Financial Literacy and Making Choices Effects of Addiction**

### **Smoking**

#### Physical Effects:

How Smoking Affects Your Body

#### **Starting at the Top**

As a smoker, you're at risk for cancer of the mouth. Tobacco smoke can also cause gum disease, tooth decay and bad breath. The teeth become unsightly and yellow. Smokers may experience frequent headaches. And lack of oxygen and narrowed blood vessels to the brain can lead to strokes.

#### **Lungs and Bronchi**

Moving down to your chest, smoke passes through the bronchi, or breathing tubes. Hydrogen cyanide and other chemicals in the smoke attack the lining of the bronchi, inflaming them and causing that chronic smoker's cough. Because the bronchi are weakened, you're more likely to get bronchial infections. Mucus secretion in your lungs is impaired, also leading to chronic coughing. Smokers are 10 times as likely to get lung cancer and emphysema as nonsmokers.

#### **Smoking and the Heart**

The effects of smoking on your heart are devastating. Nicotine raises blood pressure and makes the blood clot more easily. Carbon monoxide robs the blood of oxygen and leads to the development of cholesterol deposits on the artery walls. All of these effects add up to an increased risk of heart attack. In addition, the poor circulation resulting from cholesterol deposits can cause strokes, loss of circulation in fingers and toes and impotence.

#### **Smoking and the Body's Organs**

The digestive system is also affected. The tars in smoke can trigger cancer of the esophagus and throat. Smoking causes increased stomach acid secretion, leading to heartburn and ulcers. Smokers have higher rates of deadly pancreatic cancer. Many of the carcinogens from cigarettes are excreted in the urine where their presence can cause bladder cancer, which is often fatal. High blood pressure from smoking can damage the kidneys.

#### **The Results**

The health effects of smoking have results we can measure. Forty percent of men who are heavy smokers will die before they reach retirement age, as compared to only 18 percent of nonsmokers. Women who smoke face an increased risk of cervical cancer, and pregnant women who smoke take a chance with the health of their unborn babies.

Financial Effects:

1. If the price of each pack of cigarettes purchased over a span of **15 years** for a smoker with a half-pack a day habit, the sum would total over **\$16,000**.
2. Smokers pay more for health insurance than non-smokers
3. Smoked-in homes often take 2-3 times longer to sell, or require tens of thousands in new carpets, paint and clean up before selling.
4. A home smoked in for many years will often sell for 5-15% less than a home that hasn't been smoked in.

**Alcohol**Physical Effects:

We all are aware that alcohol is bad for health and it has a negative effect on the body. The main cause for it is that when a person consumes alcohol, it mixes in his blood and reaches all the vital parts of the body, having a damaging effect on them. Alcohol directly affects the central nervous system (CNS) and slows down its functions. Therefore drowsiness, depression, nausea and lack of awareness are the common effects of alcohol. However, if alcohol is consumed in large amounts for long time, it has severe effects on the body. Let us have a look at the harmful effects of drinking alcohol in detail.

The effects of alcohol on the body depend on several factors. Firstly, it depends on the amount of alcohol consumed by the person, whether he or she has consumed it on a single occasion or after intervals, the person's age and gender, etc. Similarly, the effects shown by alcohol are more severe if the person is already a chronic alcoholic. The following is a list of harmful effects of alcoholic drinks on different vital organs of the body.

**Harmful Effects of Alcohol on the Brain**

The worst effect of alcohol addiction is on the brain. As mentioned above, alcohol directly affects the central nervous system and slows down its function. The other effects include:

- Impaired behavior and judgment
- Memory loss
- Lack of concentration and co-ordination
- Impaired vision and hearing
- Slower motor skills and reactions
- Mood swings
- Slurred speech

**Harmful Effects of Alcohol on the Liver**

Alcohol slows down the process of metabolism in liver. If this continues for a longer time, it can result in permanent damage of the liver. Effects of alcohol on the liver include:

- Jaundice
- Liver cirrhosis
- Alcoholic hepatitis
- Alcoholic fatty liver
- Liver cancer

**Harmful Effects of Alcohol on Digestive System**

Excess consumption of alcohol damages the internal lining of the GI tract. It indirectly affects the internal organs and glands of the digestive system. Alcohol side effects on digestive system include:

- Vomiting
- Peptic ulcers
- Throat cancer
- Stomach cancer
- Gastritis
- Hemorrhaging

**Financial Effects:**

- cost of alcohol
- criminal behaviour (e.g. fines)
- treatment costs
- illness costs related to alcohol
- poor attendance at work which could result in loss of job/wages

**Gambling****Physical Effects:**

- extreme moodiness
- depression
- leads to other addictions such as alcohol
- The stress of gambling problems sometimes causes health problems, for both the person who gambles and the family. This can include anxiety, depression and stress-related problems such as poor sleep, ulcers, bowel problems, headaches and muscle pains.
- Many families under stress have trouble coping. One member may try to keep things in control by taking on more tasks. This can lead to burnout. Family members often forget to take care of themselves or to have fun
- Family violence is more common when families are in crisis. Gambling problems can lead to physical or emotional abuse of a partner, elder parent or child.

- **Mental health issues** – depression, anxiety, diminished self-esteem, increased alcohol, drugs, suicidal thought and even suicide.
- **Physical health problems** –insomnia, headaches, back or neck pain, stomach upset and numerous other ailments.
- **Self-care** –not eating right, poor sleep habits, personal hygiene etc.
- **Social issues** – arguments, relationship issues, alienation, separation, divorce, physical or mental abuse etc.

Financial Effects:

- **Financial problems** – job loss, pressure of debt and paying loans and bills, bankruptcy.
- **Legal problems** – theft, fraud, arrests, jail.
- **School/work problems** – absenteeism, decreased productivity, lack of interest.