

Quiz: Tobacco Addiction

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Instructions: After reviewing **Facts on Drugs: Tobacco Addiction** on the NIDA for Teens website (<http://teens.drugabuse.gov/>), take this short quiz to test your knowledge.

1. Tobacco use can be contributed to about _____ deaths in the United States each year.
 - a) 50,000
 - b) 100,000
 - c) 440,000
2. Smoking cigarettes changes _____.
 - a) the amount of a brain chemical that allows us to experience pleasure
 - b) the amount of blood that flows to the brain
 - c) the number of things we worry about
3. Cigarette smoke contains _____ chemicals.
 - a) 4,000
 - b) 1,000
 - c) 400
4. Cigarette smokers are addicted to _____.
 - a) tar
 - b) carbon monoxide
 - c) nicotine

5. After a puff of a cigarette, nicotine is in the brain in _____ seconds.
- a) 8
 - b) 18
 - c) 80
6. In the brain, nicotine locks into receptors on neurons making the smoker feel _____.
- a) irritable
 - b) sleepy
 - c) alert and satisfied

Answer Key: Tobacco Addiction Quiz

1. **C:** Tobacco use causes more illnesses and death than all other addicting drugs combined. In fact, it can be attributed to about 443,000 deaths in the United States each year. Nicotine is the main drug in tobacco that is responsible for addiction and keeps people smoking despite harmful effects.
2. **A:** Nicotine boosts the amount of a brain chemical called dopamine. At first, this produces feelings of pleasure. But soon, the person who smokes needs nicotine just to feel normal.
3. **A:** The addictive drug, nicotine, is only one of 4,000 chemicals in cigarette smoke. Many of them, such as tar and carbon monoxide, are toxic and cause diseases such as cancer.
4. **C:** People who smoke are addicted to the nicotine in tobacco. However, both tar and carbon monoxide are also toxic chemicals causing many health problems.
5. **A:** After a person inhales cigarette smoke, nicotine enters the blood in the lungs, goes through the heart and is pumped to the brain—a journey that takes only 8 seconds.
6. **C:** Nicotine is similar in size and shape as brain chemicals that regulate feelings of alertness and pleasure or satisfaction.