

Name _____

Ch. 20-21 Test

List 3 short term effects of tobacco use.

1. _____

2. _____

3. _____

List 4 long term effects of alcohol use.

4. _____

5. _____

6. _____

7. _____

List 4 factors that influence alcohol's effects

8. _____

9. _____

10. _____

11. _____

Write "T" for true statements and "F" for false statements.

____ 12. Mainstream smoke is smoke exhaled from the lungs of a smoker.

____ 13. Over the past 20 years tobacco use has seen an increase in sales.

____ 14. Intoxication is when a person drinks five or more alcoholic beverages at one sitting.

____ 15. Psychological dependence is a condition which the user has a chemical need for a drug.

Matching: Match the correct letter with the correct term.

- | | |
|---------------------------------------|--|
| _____ 16. Fetal Alcohol Syndrome | a. drug that slows the central nervous system |
| _____ 17. Mainstream smoke | b. cancer causing substance |
| _____ 18. Sidestream smoke | c. process that occurs in body when nicotine is no longer used |
| _____ 19. Environmental Tobacco Smoke | d. condition which person believes a drug is needed to function normally |
| _____ 20. Alcohol abuse | e. condition which user has a chemical need |
| _____ 21. Carcinogens | f. excessive use of alcohol |
| _____ 22. Depressant | g. amount of alcohol in a person's blood |
| _____ 23. Blood Alcohol Concentration | h. air that has been contaminated by tobacco smoke |
| _____ 24. Psychological dependence | i. alcohol related birth defects |
| _____ 25. Physiological dependence | j. smoke from burning end of a cigarette |
| _____ 26. Stimulant | k. drug that increases action of central nervous system, heart, and other organs |
| _____ 27. Nicotine withdrawal | l. smoke exhaled from the lungs of a smoker |

Multiple Choice: Select the best answer for the question.

- _____ 28. Leukoplakia can develop into which condition?
- a. Emphysema
 - b. Oral cancer
 - c. heart disease
 - d. bad breath
- _____ 29. Why do people who are trying to quit tobacco experience physical symptoms such as irritability and anxiety?
- a. They are not committed to quitting
 - b. They are upset with other people
 - c. they are experiencing nicotine withdrawal
 - d. they are not engaged in healthy behaviors
- _____ 30. Which of the following is **not** part of the stages of alcoholism?
- a. Becoming intoxicated regularly
 - b. Making excuses for alcohol problems
 - c. going through detoxification
 - d. alcohol taking control of drinker's life
- _____ 31. It is illegal for adults to drive when they have what BAC level?
- a. 0.01
 - b. 0.05
 - c. 0.02
 - d. 0.08
- _____ 32. Which of the following are ways that tobacco harms the cardiovascular system?
- a. Increased heart rate, hardened arteries, chronic bronchitis
 - b. Increased heart rate, hardened arteries, increased risk of heart attack
 - c. Increased heart rate, chronic bronchitis, emphysema
 - d. Chronic bronchitis, emphysema, lung cancer
- _____ 33. Which is a way that the government is reducing ETS exposure?
- a. Banning smoking in public places
 - b. Forming youth antismoking groups
 - c. distributing more tobacco licenses
 - d. giving away air cleaners
- _____ 34. Which is a potential consequence of long term excessive alcohol use?
- a. Heart attack
 - b. Swelling of brain
 - c. need for liver transplant
 - d. increased ability to control drinking
- _____ 35. A baby born with FAS may have which of the following
- a. Anxiety
 - b. Kidney problems
 - c. facial deformities
 - d. all of the above