

BREAKING NEWS



HEALTH RISKS OF SMOKING AND VAPING

ACTIVITY PACK

LUNGS & BREATHING

HOW SMOKING AFFECTS THE LUNGS:

- **Chronic Obstructive Pulmonary Disease (COPD):** Smoking is the main cause of COPD, a group of lung diseases that make it hard to breathe. It includes conditions like chronic bronchitis (long-term cough with mucus) and emphysema (damage to the air sacs in the lungs).
- **Lung Cancer:** Most lung cancer cases are due to smoking. Cancer happens when cells in the body grow uncontrollably, and in the lungs, this can severely affect breathing.
- **Asthma:** Smoking can trigger asthma attacks or make them worse. Asthma is a condition where the airways become inflamed and narrow, causing difficulty in breathing.

HOW VAPING AFFECTS THE LUNGS:

- **EVALI (E-cigarette or Vaping Product Use-Associated Lung Injury):** Although rare, cases of severe lung injury related to vaping have been reported, characterised by symptoms like shortness of breath, chest pain, and coughing.
- **Respiratory Irritation:** Some individuals experience coughing, wheezing, and shortness of breath after vaping, possibly due to inhalation of certain chemicals present in e-cigarette liquids.

DID YOU KNOW?

- In Wales, smoking is responsible for over 10% of all deaths among those over 35.
- Smoking damages the tiny hair-like structures in your lungs called cilia. Cilia help clear out mucus and dirt, and when they're damaged, it can lead to a persistent cough and more lung infections.
- More than 7 in 10 lung cancer cases in Wales are caused by smoking



HEART & BLOOD

IMPACT OF SMOKING ON THE CARDIOVASCULAR SYSTEM:

- **Heart Disease:** Smoking increases the risk of developing heart diseases. It damages the blood vessels, making them thicker and narrower, which can lead to a heart attack.
- **High Blood Pressure:** Nicotine, the addictive substance in cigarettes, raises blood pressure, making the heart work harder than normal.
- **Stroke:** Smoking can cause a stroke by reducing the flow of blood and oxygen to the brain. A stroke happens when the blood supply to part of your brain is cut off, causing brain cells to die.

IMPACT OF VAPING ON THE CARDIOVASCULAR SYSTEM:

- **Nicotine Exposure:** Vaping delivers nicotine, which can increase heart rate and blood pressure. The long-term cardiovascular effects of vaping are still under investigation, but initial studies suggest potential risks.
- **Oxidative Stress:** Some studies indicate that vaping may increase oxidative stress and inflammation, which are linked to the development of cardiovascular diseases.

DID YOU KNOW?

- Smoking can make your blood thicker and more likely to clot, which can block blood flow to your heart and brain.
- Even being around secondhand smoke can increase a non-smoker's risk of heart disease by up to 30%.
- Some studies suggest that vaping might increase the risk of heart disease, but more research is needed to understand the full effects.



BRAIN & ADDICTION

NICOTINE'S EFFECT ON THE BRAIN:

- **Addiction:** Nicotine found in both cigarettes and vaping is highly addictive. It changes the way your brain works, making you crave more. This can make it very hard to quit smoking or vaping once you've started.
- **Brain Development:** For young people, whose brains are still developing, nicotine can interfere with areas that control attention, learning, and mood. This means it can make concentrating harder and affect your mood negatively.
- **Mood Disorders:** Using nicotine can lead to feelings of anxiety (feeling very worried) and depression (feeling very sad).

DID YOU KNOW?

- Most people who smoke started before they were 18. Starting young makes it more likely you'll become addicted.
- Nicotine can make your brain feel good temporarily, but once the feeling wears off, it can leave you feeling down, making you want to use it again. This cycle makes quitting difficult.



SKIN & APPEARANCE

IMPACT OF SMOKING ON APPEARANCE

- **Premature Aging:** Smoking speeds up the aging process of your skin, leading to wrinkles and a dull complexion. This happens because smoking reduces blood flow, depriving your skin of the oxygen and nutrients it needs to stay healthy.
- **Stained Teeth and Bad Breath:** The chemicals in cigarettes can turn your teeth yellow and cause bad breath. In severe cases, it can make your teeth fall out.
- **Hair Loss:** Smoking can damage hair follicles, leading to hair thinning and loss.

IMPACT OF VAPING ON APPEARANCE

- **Skin Problems:** Some people who vape have reported dry skin and acne. This might be due to the chemicals in vape liquids.
- **Mouth Issues:** Vaping can cause dry mouth, which can lead to bad breath and increase the risk of cavities.

DID YOU KNOW?

- Smoking can cause a skin condition called psoriasis, which leads to red, itchy patches on the skin.
- The heat from smoking can damage the skin around your mouth, leading to wrinkles known as "smoker's lines."



NEWS REPORT TEMPLATE

INTRO

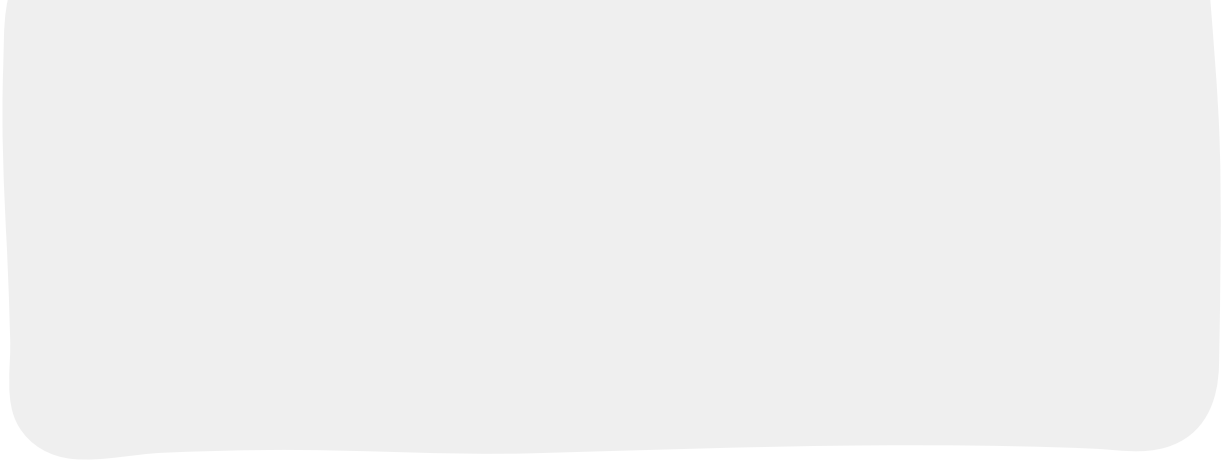
Explain what the news report is about in 1-2 sentences.) "Good afternoon, and welcome to (Name of news channel). Today, we have breaking reports on how (smoking/vaping) affects the (lungs, heart, brain, or appearance). Over to our reporter for more.

LIVE REPORTER

Explain the Key Health Effect. I'm reporting live from (a hospital, a school, a science lab, etc.), where experts are warning about (key effect, e.g. breathing problems, addiction, yellow teeth, heart damage, etc.). Let's hear from an expert!"

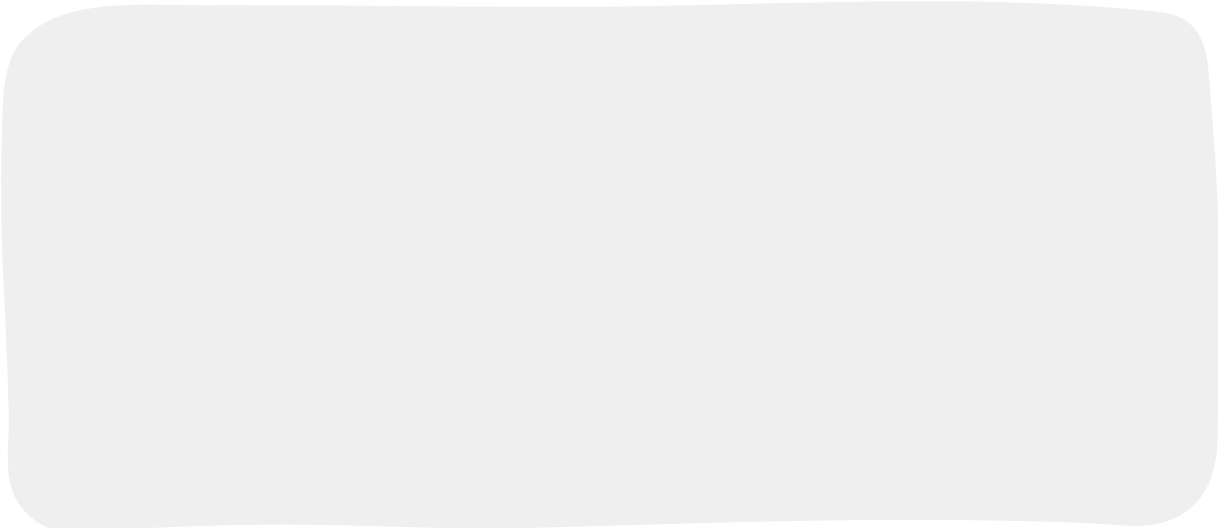
EXPERT OR PATIENT INTERVIEW

Doctor/Scientist: "We've seen a rise in young people experiencing (problem, e.g. lung damage, heart disease, addiction). This happens because (reason, e.g. nicotine is addictive, chemicals cause damage, etc.). Our advice? Patient/Teenager: "I started (smoking/vaping) because (reason, e.g. peer pressure, stress, curiosity), but now I struggle with (effect, e.g. can't run without coughing, addicted, yellow teeth). I wish I had known the truth earlier!"



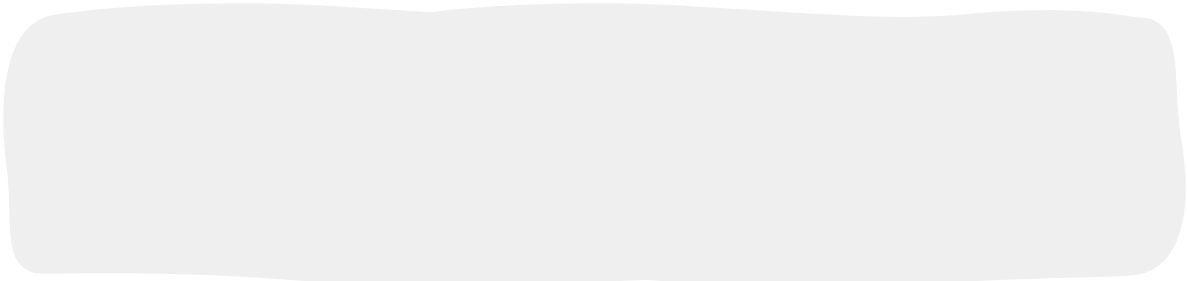
REPORTER'S CLOSING STATEMENT

(Summarise the Main Risk & Advice for Viewers) "Experts warn that (main takeaway, e.g. nicotine is highly addictive, smoking damages the heart, vaping causes lung disease, etc.). The best way to protect your health? Avoid smoking and vaping altogether! Back to you in the studio."



NEWS ANCHOR'S FINAL LINE

(Wrap Up & End the Report) "Thank you for watching (Name of news channel). Stay informed, stay healthy, and make the right choices!"



QUIZ SHEET

TEAM NAME:

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**Need help to quit smoking or
vaping? Help Me Quit Wales
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