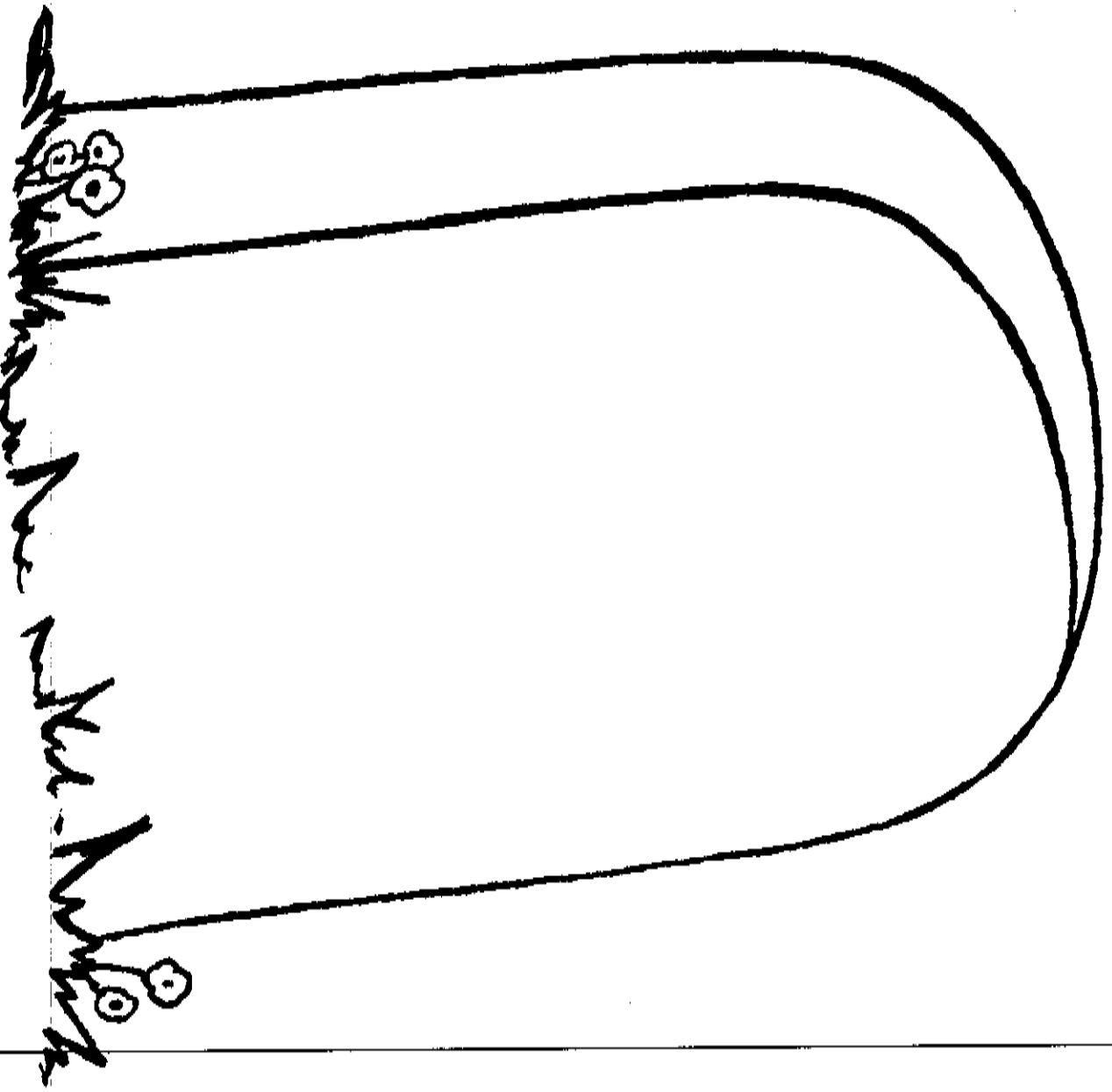


TOBACCO TOMBSTONE

WORK SHEET
11

Using the *Tobacco Horrors* fact sheet on page 41 as your inspiration, create an epitaph on the gravestone below. You can choose to include an imaginary name, dates of birth and death, a rhyming verse, or a simple statement. Your tombstone should make it clear that anyone who uses tobacco is playing a risky game of life and death.



HRM VIDEO

THE TOBACCO HORROR PICTURE SHOW

SILENT CHANGES

Lung cancer may sound like a possibility that is years away. The truth is, cancer is a slow process that begins many years before symptoms are noticed. Take a look at the typical case below.

Age 14: Carl smokes his first cigarette. As the smoke passes through his lungs, it leaves behind a sticky tar. The tar contains dozens of cancer-causing chemicals.

Age 15: During summer vacation, Carl starts smoking every day. Each cigarette damages some of the cells in Carl's lungs.

Age 18: Carl goes to college. He now smokes a pack of cigarettes a day. Many of the cilia in his lungs have been damaged or destroyed. Since they cannot keep dirt and smoke out of his lungs, Carl must cough to clear his chest.

Age 22: Carl has a "smoker's hack." Every morning, he spends about five minutes coughing up phlegm.

Age 25: Carl switches to a "light" cigarette brand with less nicotine. Since his body knows it is getting less of the drug, it tells him to smoke more cigarettes. Carl starts smoking two packs a day. This is what the tobacco company had in mind all along.

Age 26: A single cell in Carl's lungs becomes damaged by a chemical in a puff of cigarette smoke. The DNA of the cell gets confused and sends out a message for more of these damaged cells to be made. Luckily, one of Carl's white blood cells eats the damaged cell before it can be replicated.

Age 29: Carl gets married. He doesn't know it, but another cell has been changed, or mutated, by cigarette smoke. It has a weird shape, an enlarged nucleus, and too many chromosomes. It is a cancer cell, and it begins to divide quickly.

Age 32: The cancer cells have formed a small clump in Carl's left lung. They begin to squeeze out normal lung cells. Soon, they invade the normal cells and begin to destroy them. Carl still has no symptoms.

Age 37: Carl now has two kids and a job he really likes. The cancer is still confined to a small part of his lung, where it could be successfully treated. The problem is, Carl's only symptom is a lingering cough, something he has lived with for many years. He doesn't think about going to the doctor.

Age 42: Carl begins to feel tired, another major warning sign of lung cancer. He thinks he is just working too hard.

Age 46: The cancer spreads to nearby lymph nodes, which carry fluid (and cancer cells) throughout the body.

Age 47: After he complains about a pain in his chest, Carl's wife tells him to go to the doctor. An X-ray finds that the cancer has spread to Carl's neck and chest wall. Like many lung cancer patients, he has only a 10 percent chance of surviving five years.

THE LIFE OF CARL

Using the information provided in the *Silent Changes* fact sheet on page 45, you and your classmates should create a scrapbook of Carl's life. Use your imagination to create Carl's personality and history. Who was he? What did he do for a living? What were his hobbies? How will the world be affected by his death?

Each member of the class should create a unique document that can be added to the scrapbook. Use the following ideas to get started:

- Write a love letter that Carl might have received years ago.
- Create an award or certificate that Carl received as a young person.
- Write a newspaper article about one of Carl's achievements.
- Create an artifact from Carl's life using real objects and your imagination (a theater ticket, a baseball cap, a report card, a souvenir from Italy).
- Write Carl's wedding announcement.
- Draw a portrait of Carl, alone or with his family.
- Write a speech that Carl might have given.
- Write a job recommendation that one of Carl's bosses or professors might have written.
- Write Carl's obituary.
- Draw snapshots of important events in Carl's life.