

Health: The Basics, 12e (Donatelle)

Chapter 8 Drinking Alcohol Responsibly and Ending Tobacco Use

1) Approximately what percentage of Americans consume alcoholic beverages regularly?

- A) 10 percent
- B) 25 percent
- C) 50 percent
- D) 75 percent

Answer: C

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

2) What percentage of Americans abstain from drinking alcohol?

- A) 11 percent
- B) 21 percent
- C) 31 percent
- D) 41 percent

Answer: B

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

3) Which of the following statements about college drinking is TRUE?

- A) Three-quarters of college students are classified as heavy episodic drinkers.
- B) The majority of college students drink alcohol on a daily basis.
- C) Few students experience negative consequences as a result of alcohol consumption.
- D) Female college students' alcohol consumption is now close to that of male college students.

Answer: D

Diff: 2

Skill: Understanding

Section: Alcohol Use in College

Learning Outcome: 8.3

4) Binge drinking is defined for the typical adult as

- A) 3 or more drinks for females or 4 or more drinks for males in about two hours.
- B) 4 or more drinks for females or 5 or more drinks for males in about two hours.
- C) 5 or more drinks for females or 6 or more drinks for males in about two hours.
- D) 5 or more drinks for both females and males in about two hours.

Answer: B

Diff: 1

Skill: Remembering

Section: Alcohol Use in College

Learning Outcome: 8.3

- 5) Eating food when drinking alcohol
A) slows alcohol absorption.
B) speeds up alcohol absorption.
C) decreases the absorption of nutrients in food.
D) increases the absorption of nutrients in food.

Answer: A

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

- 6) What is the percentage of alcohol in 100 proof whiskey?
A) 80 percent
B) 40 percent
C) 50 percent
D) 20 percent

Answer: C

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

- 7) The main site of alcohol metabolism is the
A) spleen.
B) liver.
C) colon.
D) kidney.

Answer: B

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

- 8) Factors affecting alcohol absorption include all of the following EXCEPT
A) the drinker's weight and body mass.
B) the drinker's mood.
C) the type of drink.
D) the time of day the alcohol is consumed.

Answer: D

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

9) Which of the following is NOT true about alcohol absorption?

- A) Alcohol can be diffused from the stomach lining into the bloodstream.
- B) Almost 80 percent of alcohol is absorbed in the small intestine.
- C) Alcohol can be absorbed throughout the entire gastrointestinal system.
- D) Carbonated alcoholic beverages are absorbed less rapidly than those containing no sparkling additives.

Answer: D

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

10) One standard drink equals

- A) 12 ounces of beer or 1.5 ounces of 80 proof liquor.
- B) 10 ounces of wine or 1 ounce of 80 proof liquor.
- C) 16 ounces of beer or wine.
- D) 6 ounces of malt liquor or 8 ounces of beer.

Answer: A

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

11) How long does it take for the average adult to metabolize four 12-ounce beers?

- A) 2 hours
- B) 3 hours
- C) 4 hours
- D) 5 hours

Answer: C

Diff: 3

Skill: Applying

Section: Alcohol: An Overview

Learning Outcome: 8.1

12) Approximately 20 percent of alcohol is diffused through the

- A) large intestine.
- B) stomach lining.
- C) small intestine.
- D) lungs.

Answer: B

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

13) A standard rum and cola will be absorbed faster than a 5-ounce glass of wine because

- A) carbonation causes the pyloric valve to relax.
- B) carbonated beverages have less alcohol.
- C) a rum and cola has more alcohol than the glass of wine.
- D) distilled beverages are absorbed more slowly than nondistilled.

Answer: A

Diff: 3

Skill: Applying

Section: Alcohol: An Overview

Learning Outcome: 8.1

14) The depressant effects of alcohol become apparent at a blood alcohol concentration of

- A) 0.02 percent.
- B) 0.08 percent.
- C) 0.10 percent.
- D) 0.15 percent.

Answer: C

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

15) Drinking games result in the consumption of large quantities of alcohol in a short period of time and have been associated with

- A) paranoid behavior.
- B) developing respiratory problems.
- C) muscle and joint disorders.
- D) death from alcohol poisoning.

Answer: D

Diff: 2

Skill: Understanding

Section: Alcohol Use in College

Learning Outcome: 8.3

16) After a night of heavy drinking, John still appears sober while his friends are obviously intoxicated. It is likely that John has developed

- A) alcoholic acceptance.
- B) nonalcoholic personality.
- C) learned behavioral tolerance.
- D) alcohol consumption tolerance.

Answer: C

Diff: 3

Skill: Applying

Section: Alcohol: An Overview

Learning Outcome: 8.1

17) The toxic chemical byproduct of alcohol metabolism that causes nausea and vomiting is called

- A) acetaldehyde.
- B) acetate.
- C) alcohol dehydrogenase.
- D) transacetate.

Answer: A

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

18) Which of the following is NOT true about a hangover?

- A) Toxic forms of alcohol known as congeners may be a contributing factor.
- B) Irritation of the stomach lining from increased production of hydrochloric acid can prompt nausea.
- C) Hangover signs and symptoms can include diarrhea and depression.
- D) It usually takes 1-2 hours to recover from a hangover.

Answer: D

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

19) Which of the following is NOT a characteristic of alcohol poisoning?

- A) inability to be roused
- B) weak, rapid pulse
- C) yellowish tint to the skin
- D) irregular breathing patterns

Answer: C

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

20) Alcohol consumption during pregnancy can cause significant brain damage and other impairments in the fetus; this condition is known as

- A) fetal cirrhosis.
- B) alcoholic hepatitis.
- C) fetal alcohol syndrome.
- D) teratogenic paralysis.

Answer: C

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

21) The reduction in alcohol-related driving fatalities since the 1980s is due to

- A) an increased number of rehabilitation facilities.
- B) zero tolerance laws and increased drinking age.
- C) less restrictive enforcement of laws in some states.
- D) a decreased drinking age in many states.

Answer: B

Diff: 4

Skill: Analyzing

Section: Alcohol and Your Health

Learning Outcome: 8.2

22) Urinating frequently after alcohol consumption occurs because

- A) alcohol is a diuretic.
- B) alcohol filters through the kidneys faster than water.
- C) alcohol shrinks the bladder.
- D) alcohol can be a gastrointestinal irritant.

Answer: A

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

23) The water that is pulled out of the body when someone drinks heavily is taken from

- A) fat stores.
- B) cerebrospinal fluid.
- C) skeletal muscle.
- D) cerebral tissue.

Answer: B

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

24) Which of the following is TRUE about women and alcoholism?

- A) The number of women alcoholics exceeds that of men.
- B) Women get addicted faster with less alcohol use than men.
- C) Alcoholic death rates are lower for women than for men.
- D) Married women are at the highest risk for alcoholism among females.

Answer: B

Diff: 2

Skill: Understanding

Section: Abuse and Dependence

Learning Outcome: 8.4

25) The effects of fetal alcohol syndrome include

- A) mental retardation.
- B) abnormally large head size.
- C) Down's syndrome.
- D) passive and calm behavior.

Answer: A

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

26) Which of the following is TRUE of drinking and driving?

- A) Twenty percent of all traffic fatalities are alcohol-related.
- B) The majority of alcohol-impaired driving fatalities occur in the 16- to 20-year-old age group.
- C) Over the last 20 years, the percentage of intoxicated drivers involved in fatal crashes has decreased.
- D) More than 50 percent of college students report that they have driven after consuming alcohol.

Answer: C

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

27) Which of the following is TRUE with respect to global health and alcohol use?

- A) Almost 4 percent of all deaths worldwide are attributed to alcohol.
- B) The highest consumption levels can be found in the developing world.
- C) Alcohol is a factor in 30 types of diseases and injuries.
- D) The lowest consumption levels are found in the Northern Hemisphere.

Answer: A

Diff: 1

Skill: Remembering

Section: Abuse and Dependence

Learning Outcome: 8.4

28) Jeff has been drinking a lot over the past few months, including frequent binges. His friends are concerned that this behavior puts him at risk for a condition that involves a potentially lethal blood alcohol concentration. Which condition is this?

- A) coronary artery disease
- B) alcohol poisoning
- C) cirrhosis
- D) alcoholic hepatitis

Answer: B

Diff: 3

Skill: Applying

Section: Alcohol and Your Health

Learning Outcome: 8.2

29) The process by which addicts get an addictive substance out of their system as part of ending their dependence on it is

- A) intervention.
- B) detoxification.
- C) confrontation.
- D) resistance.

Answer: B

Diff: 1

Skill: Remembering

Section: Abuse and Dependence

Learning Outcome: 8.4

30) How many Americans suffer from health disorders caused by tobacco each year?

- A) half a million
- B) 2 million
- C) 10 million
- D) 16 million

Answer: C

Diff: 1

Skill: Remembering

Section: Tobacco Use in the United States

Learning Outcome: 8.5

31) Which of the following is a TRUE statement?

- A) Tobacco is known to cause about 20 diseases.
- B) Twenty-five percent of all regular smokers die of smoking-related diseases.
- C) Tobacco is the second leading cause of preventable death in the United States.
- D) More deaths are due to illegal drug use than are due to tobacco use.

Answer: A

Diff: 2

Skill: Understanding

Section: Tobacco Use in the United States

Learning Outcome: 8.5

32) Marketing of tobacco products currently targets all of the following EXCEPT

- A) ethnic and minority groups through sponsorship of community events.
- B) women through ads implying social acceptance.
- C) men through ads implying masculinity and ruggedness.
- D) affluent citizens in high-income areas.

Answer: D

Diff: 2

Skill: Understanding

Section: Tobacco Use in the United States

Learning Outcome: 8.5

33) Which statement BEST summarizes what happens when particulate matter condenses in the lungs?

- A) It causes delirium tremens.
- B) It forms nicotine.
- C) It forms carbon monoxide.
- D) It forms tar, which is a thick, brownish sludge.

Answer: D

Diff: 3

Skill: Applying

Section: Tobacco and Its Effects

Learning Outcome: 8.6

34) Which of the following statements about nicotine is TRUE?

- A) It is a powerful central nervous system stimulant.
- B) It is mildly addictive.
- C) It causes a drop in blood pressure.
- D) It decreases production of adrenaline.

Answer: A

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

35) Of the following population groups, which has the highest rate of smoking?

- A) Asian
- B) White, non-Hispanic
- C) Black, non-Hispanic
- D) Native American

Answer: D

Diff: 2

Skill: Understanding

Section: Tobacco Use in the United States

Learning Outcome: 8.5

36) What effect does carbon monoxide have on the body?

- A) It impairs the cilia's cleansing function.
- B) It diminishes the oxygen-carrying capacity of the red blood cells.
- C) It diminishes hormone production.
- D) It irritates nasal passages and lung tissue.

Answer: B

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

37) Bidis are becoming increasingly popular because they are viewed as safer than regular cigarettes. Research shows that bidis actually

- A) produce three times more carbon monoxide and nicotine than cigarettes.
- B) produce 20 percent less tar than cigarettes.
- C) provide lower exposure to nicotine and carbon monoxide than cigarettes.
- D) produce five times less tar than cigarettes.

Answer: A

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

38) Risk for developing lung cancer varies among smokers due to all of the following EXCEPT

- A) tolerance to nicotine.
- B) amount of inhalation of cigarette smoke.
- C) frequency of smoking.
- D) age of onset of smoking.

Answer: A

Diff: 4

Skill: Analyzing

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

39) Which of the following is FALSE about smokeless tobacco?

- A) It is just as addictive as smoking.
- B) It contains more nicotine than cigarettes.
- C) Dental problems are common among smokeless tobacco users.
- D) It does not contain cancer-causing substances.

Answer: D

Diff: 4

Skill: Analyzing

Section: Tobacco and Its Effects

Learning Outcome: 8.6

40) Smokeless tobacco users

- A) generally take longer to develop cancer after first use than smokers.
- B) are 10 times more likely to develop oral cancers than nonusers.
- C) are 50 times more likely to develop oral cancers than nonusers.
- D) have an easier time quitting than cigarette smokers.

Answer: C

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

41) Symptoms of nicotine withdrawal include all of the following EXCEPT

- A) irritability.
- B) weakness in the limbs.
- C) nausea and vomiting.
- D) restlessness.

Answer: B

Diff: 2

Skill: Understanding

Section: Quitting

Learning Outcome: 8.8

42) Which of the following is TRUE about environmental tobacco smoke (ETS)?

- A) Adults are more heavily exposed to ETS than children.
- B) ETS is responsible for more lung cancer deaths than heart disease deaths annually.
- C) ETS exposure is higher among African Americans and low-income persons.
- D) ETS has fewer carcinogens, tar, and nicotine than mainstream smoke.

Answer: C

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

43) Which nicotine replacement product requires a prescription?

- A) nicotine nasal spray
- B) nicotine lozenges
- C) nicotine patch
- D) nicotine gum

Answer: A

Diff: 1

Skill: Remembering

Section: Quitting

Learning Outcome: 8.8

44) A nicotine inhaler is safer than a nicotine nasal spray because

- A) the inhaler delivers an unsaturated dose of nicotine to the lungs.
- B) it is easier to overdose with the nasal spray.
- C) the inhaler is less likely to cause infection.
- D) it is easier to overdose with the inhaler.

Answer: B

Diff: 4

Skill: Analyzing

Section: Quitting

Learning Outcome: 8.8

45) Which of the following is a smoking cessation medication?

- A) Vicodin
- B) Concerta
- C) Ambien
- D) Zyban

Answer: D

Diff: 1

Skill: Remembering

Section: Quitting

Learning Outcome: 8.8

46) Which of the following occurs within 24 hours of quitting smoking?

- A) Chance of heart attack decreases.
- B) Coughing and shortness of breath decrease.
- C) Circulation improves.
- D) Cilia regrow in the lungs.

Answer: A

Diff: 2

Skill: Understanding

Section: Quitting

Learning Outcome: 8.8

47) A disease associated with smoking in which alveoli are destroyed is known as

- A) chronic bronchitis.
- B) emphysema.
- C) alveolitis.
- D) hepatitis.

Answer: B

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

48) Which of the following is TRUE with respect to women and smoking?

- A) Women have less chance of developing smoking-related diseases than men.
- B) Women who smoke are more likely to have fertility problems than non-smokers.
- C) Women smoke at about half the rate that men do.
- D) Women can smoke occasionally during pregnancy without ill effects.

Answer: B

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

49) Smoking contributes to heart disease by doing all of the following EXCEPT

- A) weakening tissues.
- B) increasing platelet adhesiveness.
- C) decreasing HDL cholesterol.
- D) thinning the plaque in the major blood vessels.

Answer: D

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

50) An NIAAA approach to reducing alcohol consumption on campus is

- A) motivational speakers with recovery messages.
- B) efforts to change the perceived frequency of drinking on campus.
- C) Brief Alcohol Screening and Intervention for College Students.
- D) the Alcohol e-Check Up to Go (e-Chug).

Answer: C

Diff: 1

Skill: Remembering

Section: Alcohol Use in College

Learning Outcome: 8.3

51) The effects of alcohol are different for women and men because

- A) women have lower levels of body fat than men.
- B) women have lower levels of alcohol dehydrogenase than men.
- C) women are not affected by congeners.
- D) men are not affected by congeners.

Answer: B

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

52) Colleges have implemented programs to reduce alcohol use that include a nonjudgmental approach to working with students known as

- A) motivational interviewing.
- B) 12-step programs.
- C) detoxification centers.
- D) psychological counseling.

Answer: A

Diff: 2

Skill: Understanding

Section: Alcohol Use in College

Learning Outcome: 8.3

53) If you know you will be at an event where alcohol will be served, what can you do to drink responsibly?

- A) Attend with friends who drink more than you do.
- B) Make sure that someone else has volunteered to be a designated driver.
- C) Don't eat for several hours before the event.
- D) Eat shortly before you go and alternate alcoholic and nonalcoholic drinks.

Answer: D

Diff: 3

Skill: Applying

Section: Alcohol Use in College

Learning Outcome: 8.3

54) The ratio of alcohol to total blood volume is the

- A) complete blood count.
- B) red blood cell volume.
- C) blood alcohol concentration.
- D) ethyl alcohol density.

Answer: C

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

55) An addictive drug produced by fermentation is

- A) ethyl alcohol.
- B) congener.
- C) acetaldehyde.
- D) dehydrogenase.

Answer: A

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

56) A form of alcohol that metabolizes slowly and produces toxic byproducts is a(n)

- A) ethyl alcohol product.
- B) congener.
- C) distilled alcohol product.
- D) intoxicator.

Answer: B

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

57) Chewing tobacco can lead to a condition characterized by leathery white patches inside the mouth known as

- A) oral cancer.
- B) alcoholic hepatitis.
- C) leukoplakia.
- D) leukemia.

Answer: C

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

58) Environmental cues such as drinking a cup of coffee or finishing a meal can induce a craving for nicotine; these cues are known as

- A) pairings.
- B) obstacles.
- C) temptations.
- D) stimulants.

Answer: A

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

59) What substance in cigarettes decreases the oxygen-carrying capacity of red blood cells?

- A) menthol
- B) tar
- C) carbon monoxide
- D) nicotine

Answer: C

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

60) What substance in cigarettes is a highly addictive stimulant?

- A) menthol
- B) tar
- C) carbon monoxide
- D) nicotine

Answer: D

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

61) What substance in cigarettes is a thick, brownish sludge containing carcinogens?

- A) menthol
- B) tar
- C) carbon monoxide
- D) nicotine

Answer: B

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

62) What substance in cigarettes numbs the throat to allow for deeper inhalation?

- A) menthol
- B) tar
- C) carbon monoxide
- D) nicotine

Answer: A

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

63) Which of the following is a major contributor to indoor air pollution?

- A) secondhand smoke
- B) snuff
- C) carbon monoxide
- D) carcinogens

Answer: A

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

64) A driver is always impaired when he or she has a blood alcohol concentration of

- A) 0.03 percent or higher.
- B) 0.05 percent or higher.
- C) 0.08 percent or higher.
- D) 0.10 percent or higher.

Answer: C

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

65) The last stage of liver disease that can result from years of heavy drinking is

- A) alcoholic hepatitis.
- B) hepatic amyloidosis.
- C) fibrosis.
- D) cirrhosis.

Answer: D

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

66) Long-term alcohol abusers can develop a chronic and dangerous inflammation of the liver known as

- A) alcoholic hepatitis.
- B) hepatic amyloidosis.
- C) fibrosis.
- D) cirrhosis.

Answer: A

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

67) Nicotine paralyzes the cilia on the surfaces of upper respiratory passages and prevents them from

- A) enhancing ventilation.
- B) producing mucus.
- C) cleaning out foreign matter.
- D) stimulating the cough reflex.

Answer: C

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

68) When personal and health problems related to alcohol use have become severe and a person suffers withdrawal symptoms if they don't drink, they have reached the point of alcoholism or

- A) tolerance.
- B) binge drinking.
- C) inebriation.
- D) alcohol dependence.

Answer: D

Diff: 2

Skill: Understanding

Section: Abuse and Dependence

Learning Outcome: 8.4

69) Mixing alcohol with energy drinks reduces the level of alcohol impairment.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

70) An alcoholic beverage that is 80 proof would be 20 percent alcohol by volume.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Alcohol: An Overview

Learning Outcome: 8.1

71) *Drunkorexia* is a term used to describe behavior that combines heavy drinking and disordered eating.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Alcohol Use in College

Learning Outcome: 8.3

72) Alcohol intoxication increases the risk of having unprotected sex.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

73) Alcohol and tobacco result in more deaths each year than all illicit drugs combined.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Alcohol: An Overview

Learning Outcome: 8.1

74) People who breathe tobacco smoke from another person's cigarette are known as sidestream smokers.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

75) Advertising for cigarettes targets specific groups in society.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Tobacco Use in the United States

Learning Outcome: 8.5

76) College students who smoke are more likely to have lower levels of perceived stress than nonsmokers.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Tobacco Use in the United States

Learning Outcome: 8.5

77) Over a third of all tobacco-related deaths are due to heart disease.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Health Hazards of Tobacco Products

Learning Outcome: 8.7

78) Worrying about an upcoming test would be likely to increase the alcohol absorption rate in the body.

Answer: TRUE

Diff: 3

Skill: Applying

Section: Alcohol: An Overview

Learning Outcome: 8.1

79) Cigars are less of a health risk than cigarettes.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

80) Cigarette advertising in the United States that targets children is illegal.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Tobacco Use in the United States

Learning Outcome: 8.5

81) If a friend passes out and cannot be roused after drinking heavily for hours, you should call 9-1-1.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

82) Consumption of alcohol is the number-one cause of preventable death among U.S. college students.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Alcohol Use in College

Learning Outcome: 8.3

83) Geneticists have now identified a specific "alcoholism gene" that causes alcohol addiction.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Abuse and Dependence

Learning Outcome: 8.4

84) Cigarettes made with ground cloves deliver lower levels of tar and carbon monoxide than regular cigarettes.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Tobacco and Its Effects

Learning Outcome: 8.6

85) Identify three reasons that alcohol consumption increases an individual's risk for suicide.

Answer: Alcohol is theorized to increase suicide risk by causing an increase in the intensity of depressive thoughts; by lowering an individual's inhibitions to harm himself or herself; and by impairing an individual's ability to think through the future consequences of his or her actions.

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

86) List and describe three possible long-term effects of alcohol intake.

Answer: (Any three of the following)

- Nervous system: Even moderate drinking can cause shrinkage in brain size and weight and loss of intellectual ability.
- Cardiovascular system: Light consumption may reduce coronary artery disease by increasing HDL lipoproteins. However, alcohol use contributes to high blood pressure, increased heart rate, and higher calorie intake, which are all risks for cardiovascular disease.
- Liver disease: Cirrhosis or inflammation of the liver can be fatal.
- Cancer: Alcohol use is linked to cancers of the esophagus, stomach, mouth, tongue, liver, and possibly breast. Alcohol can be considered carcinogenic.
- Other: inflammation of pancreas; inhibits enzyme production and affects nutrient metabolism; blocks absorption of calcium, thereby affecting bone development; decreased immunity.

Diff: 2

Skill: Understanding

Section: Alcohol and Your Health

Learning Outcome: 8.2

87) List six reasons why college students seem particularly susceptible to alcohol-related problems. What steps can you take to reduce your risk of having these problems?

Answer:

- Alcohol exacerbates the already high rate for suicide, crashes, and falls.
- Norms and traditions in college encourage dangerous patterns of alcohol use.
- University campuses are a target for alcohol advertising.
- Beer and other drink specials enable students to consume large amounts of alcohol cheaply.
- College students are particularly vulnerable to peer influences.
- College administrators often deny that alcohol problems exist on their campuses.

Steps to reduce risk include setting a limit for consumption, using a designated driver, and avoiding misperceptions regarding alcohol use.

Diff: 4

Skill: Analyzing

Section: Alcohol Use in College

Learning Outcome: 8.3

88) What could you do to help make your peers aware of the long-term effects of even moderate alcohol consumption? List at least three ideas of how to spread the word to your fellow students.

Answer: Answers will vary. Ideas for spreading the word might include designing and hanging posters around campus, sponsoring lectures, placing flyers in student mailboxes or launching e-mail campaigns, impromptu skits in the dining hall, signs at off-campus parties or school-sponsored events.

Diff: 4

Skill: Analyzing

Section: Alcohol Use in College

Learning Outcome: 8.3

89) What treatment options are available for an individual who has a drinking problem?

Answer: There are support groups such as Alcoholics Anonymous, private treatment facilities, hospitals, and community mental health facilities. Psychologists can also provide therapy (group, individual, or family) aimed at examining the underlying causes of addiction and providing positive coping strategies.

Diff: 2

Skill: Understanding

Section: Abuse and Dependence

Learning Outcome: 8.4

90) Give two examples of how the tobacco industry Master's Settlement Agreement funds are to be used. Do you think this use is appropriate? What other productive ways could these funds be spent?

Answer: Smoking cessation education and advertising; research to determine the effect of smoking cessation strategies; reduce tobacco industry promotions and advertising directed at youth. Answers to the questions will vary based on student opinion.

Diff: 3

Skill: Applying

Section: Tobacco Use in the United States

Learning Outcome: 8.5

91) How does tobacco use affect the local, state, and national economy?

Answer: Tobacco production benefits economies in tobacco-growing states, and cigarette taxes benefit local, state, and federal governments. However, the diseases associated with tobacco use are so numerous and so severe that they impose a staggering financial burden—between \$289 and \$333 billion—in costs of medical treatment and lost productivity. These costs far exceed the revenues from taxes on tobacco products.

Diff: 4

Skill: Analyzing

Section: Tobacco Use in the United States

Learning Outcome: 8.5

92) Identify at least three health-related concerns associated with e-cigarettes.

Answer: Answers will vary but should include two or more of the following:

- No reliable research evidence yet exists on the health effects of the chemicals present in the aerosolized vapors emitted from e-cigarettes.
- The FDA has found carcinogenic chemicals in samples of two brands of e-cigarettes, and has issued warnings about the potential health risks associated with these products.
- Many brands of e-cigarettes are manufactured in China and are not subjected to any quality control.
- Some public health researchers are concerned that e-cigarettes will act as a gateway to nicotine addiction.
- Many people, about half of them children under age 5, have suffered liquid nicotine poisoning due to e-cigarettes.

Diff: 4

Skill: Analyzing

Section: Tobacco and Its Effects

Learning Outcome: 8.6

93) Domenic is attempting to quit smoking. When the urge to smoke hits, what "four Ds" can help him overcome it?

Answer: Domenic should:

- Take a deep breath.
- Drink water.
- Do something else, such as chewing a piece of gum or carrot stick, calling a friend, or going for a walk.
- Delay; that is, wait ten minutes.

Diff: 3

Skill: Applying

Section: Quitting

Learning Outcome: 8.8