

Test Your Smoking IQ



Instructions: Circle "T" for True and "F" for False. Answers are on page 2.

1. Smoking causes 40% of all cases of bladder and kidney cancer.	T F
2. Nicotine is as addictive as heroine.	T F
3. As many as one-half of all long-term smokers will die of causes related to tobacco.	T F
4. Smoking causes lower levels of HDL.("good" cholesterol)	T F
5. Constant exposure to tobacco smoke prematurely wrinkles facial skin and yellows teeth and fingernails.	T F
6. Smoking doubles the risk of having a stroke.	T F
7. Smoking decreases the body's absorption of insulin.	T F
8. Smoking is a major risk factor in recovery from back pain.	T F
9. Smokers need higher dosages of certain drugs than nonsmokers.	T F
10. Women smokers are 75% more likely to develop breast cancer than women who do not smoke.	T F
11. Smokers are about 4 times more likely to develop cardiovascular disease than nonsmokers.	T F
12. Women smokers tend to have menopause 5 to 10 years earlier than expected.	T F
13. Smokers have a greater risk of complications from surgery and anesthesia.	T F
14. Women who smoke are 4 times more likely to develop cancer of the cervix than are nonsmoking women.	T F
15. Close to 85% of all deaths from emphysema are caused by smoking.	T F
16. Smoking doubles the risk of cancer of the stomach and duodenum.	T F
17. Tobacco use is the leading preventable cause of death in the United States.	T F
18. Men who smoke increase their risk of death from lung cancer by more than 22 times.	T F
19. Secondhand smoke (or environmental tobacco smoke) causes at least 35,000 deaths a year in nonsmokers.	T F
20. Cigarettes cause more deaths than AIDS, illegal drugs, car crashes, homicides, and suicides combined.	T F

Answers:

They are all **true!** If taking this quiz has made you decide to quit smoking, here are a few tips to try.

1. Don't smoke any number or any kind of cigarette. Smoking even a few cigarettes a day can hurt your health. If you try to smoke fewer cigarettes, but do not stop completely, soon you'll be smoking the same amount again.

Smoking "low-tar, low-nicotine" cigarettes usually does little good, either. Because nicotine is so addictive, if you switch to lower-nicotine brands you'll likely just puff harder, longer, and more often on each cigarette. The only safe choice is to quit completely.

2. Write down why you want to quit. Do you want

- to feel in control of you life?
- to have better health?
- to set a good example for your children?
- to protect your family from breathing other people 's smoke?

Really wanting to quit smoking is very important to how much success you will have in quitting. Smokers who live after a heart attack are the most likely to quit for good - they're very motivated. Find a reason for quitting before you have no choice.

3. Know that it will take effort to quit smoking. Nicotine is habit forming. Half of the battle in quitting is knowing you need to quit. This knowledge will help you be more able to deal with the symptoms of withdrawal that can occur, such as bad moods and really wanting to smoke. There are many ways smokers quit, including using nicotine replacement products (gum and patches), but there is no easy way. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Give yourself a month to get over these feelings. Take quitting one day at a time, even one minute at a time - whatever you need to succeed.

4. Half of all adult smokers have quit, so you can too. That's the good news. There are millions of people alive today who have learned to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take.

5. Get help if you need it. Many groups offer written materials, programs, and advice to help smokers quit for good. Your doctor or dentist is also a good source of help and support.

—Refer to <http://www.cdc.gov/tobacco/> for more information.