

WHAT'S YOUR REASON TO QUIT? QUIZ

More information and resources
are available online at:
www.FOH.hhs.gov/calendar
www.FOH.hhs.gov/toolkit

- 1) What are the immediate benefits of quitting?
 - A) Lower blood pressure
 - B) Lower heart rate
 - C) Healthier lungs
 - D) Losing annoying cough
 - E) Decrease in shortness of breath
 - F) All of the above
- 2) What are the long-term benefits of quitting?
 - A) Lowering your risk of heart disease
 - B) Lowering your risk of stroke
 - C) Lowering your risk of lung cancer
 - D) Lowering your risk of some other cancers, including cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas
 - E) All of the Above
- 3) Quitting tobacco can help you live longer.
 - A) True
 - B) False
- 4) There is nothing wrong with having the occasional cigarette.
 - A) True
 - B) False
- 5) What is the most common form of chemical dependence in the United States, according to the American Society of Addiction Medicine?
 - A) Cocaine
 - B) Heroin
 - C) Nicotine
 - D) Alcohol
- 6) What percentage of people in America who previously smoked have quit?
 - A) 25 percent
 - B) 30 percent
 - C) 45 percent
 - D) 50 percent
- 7) The amount of money that you can save per year by quitting is around:
 - A) 1,000 dollars per year
 - B) 1,500 dollars per year
 - C) 1,800 dollars per year
 - D) 2,000 dollars per year
- 8) What's the biggest step, according to the National Cancer Institute, that Americans can take to reduce the burden of cancer on our country?
 - A) Wear sunscreen
 - B) Exercise more
 - C) Avoid tobacco use
 - D) Eat more fruits and vegetables
- 9) The longer a person smokes cigarettes, the more damage they do.
 - A) True
 - B) False
- 10) What action can smokers take to prepare them to quit?
 - A) Write down your reasons for quitting.
 - B) Pick a quit date and circle it on the calendar.
 - C) Tell family, friends, and coworkers of your plan to go smoke free.
 - D) Change your routine.
 - E) All of the above



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ANSWERS

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1) ALL OF THE ABOVE

Going smoke free brings many health benefits, many of which come quickly. In fact, some are experienced within minutes to hours after quitting. For example:

- Your blood pressure lowers about 20 minutes after you quit.
- Within a few hours your heart rate starts to return to normal.
- After 12 hours the carbon monoxide levels in your blood drop back to normal.
- After about two weeks your lungs are functioning better and you have better circulation.
- Chronic cough and shortness of breath decrease within a few weeks.
- Even your risk of heart disease starts to drop within 2 weeks to 3 months after quitting.

2) ALL OF THE ABOVE

Around 5 to 15 years after quitting, your risk of stroke decreases to that of a non-smoker. At around the 10-year mark, your risk of lung cancer is half that of someone who continued to smoke. Your risk of some other cancers also decreases with each year of being smoke free.

3) TRUE

On average former smokers live longer than people who continue smoking. It makes sense, especially considering the diseases and disorders for which smoking puts you at risk.

4) FALSE

According to a recent report from the Surgeon General's office, even the occasional cigarette can cause damage that leads to disease, including cancer. Secondhand smoke can also cause damage with each exposure.

5) NICOTINE

Scientists have found that smoking can be as addictive as cocaine and heroin.

6) 50 PERCENT

About 48 million, or half of the Americans who used to smoke, have quit.

7) 1,800 DOLLARS

The average price for a pack of cigarettes is currently around 5 dollars and 30 cents. As prices go up each year, it is estimated that you could save around 26,000 dollars after 10 years of smoke-free living.

To get your personalized estimate on how much money you can save, use the future savings calculator from SmokeFree.gov.

8) AVOID TOBACCO USE

More people in the United States die of lung cancer than any other cancer. Lung cancer is just one type of cancer for which smoking puts you at risk. Smokers and non-smokers alike should avoid situations where they encounter secondhand smoke.

9) TRUE

According to the Surgeon General's office, the longer you smoke the more damage is done to the body.

10) ALL OF THE ABOVE

It begins with the decision to go smoke free. Then it is just a matter of staying the course, as hours and days turn into months then years of being smoke free and healthy.

