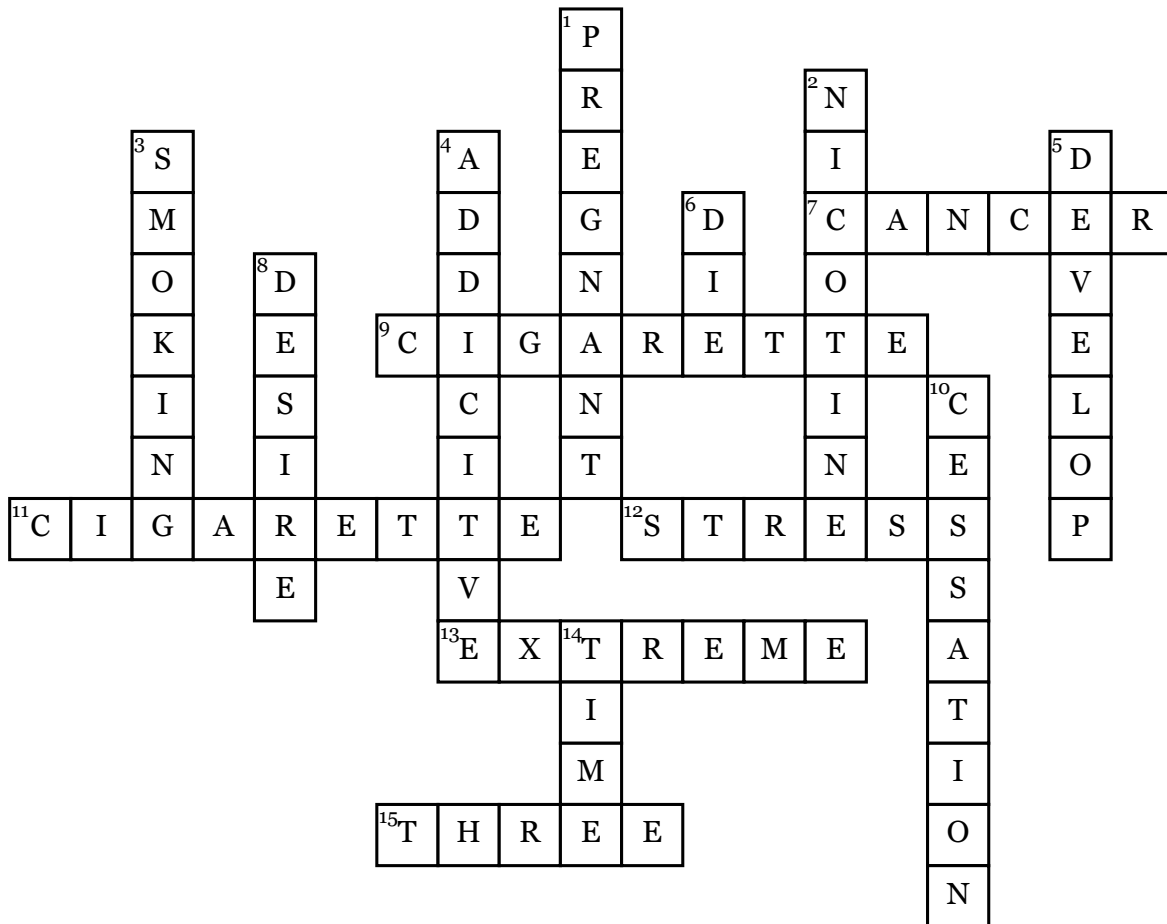


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Smoking Cessation



## Across

7. Smoking is the leading preventable cause of \_\_\_\_\_.

9. One \_\_\_\_\_ contains as much tobacco as an entire pack of cigarettes.

11. Parents who quit smoking protect their children from illnesses caused by \_\_\_\_\_ smoke.

12. Why do most people smoke cigarettes?

13. Some smokers suffer negative personal appearance side effects such as stained teeth and \_\_\_\_\_ bad breath.

15. Most relapses occur within the first \_\_\_\_\_ months after quitting.

## Down

1. Quitting smoking will improve your chances of having a healthy baby if you are \_\_\_\_\_.

2. \_\_\_\_\_ is found in substantial amounts in all forms of tobacco.

3. What could cause lung cancer?

4. It is hard to quit smoking because the nicotine found in cigarettes is a very \_\_\_\_\_ drug.

5. One step you can take to help you quit smoking is to \_\_\_\_\_ new skills and behaviors.

6. About half of all Americans who continue to \_\_\_\_\_ will die because of the habit.

8. The most important factor when trying to quit smoking will be your own \_\_\_\_\_.

10. the fact or process of ending or being brought to an end:

14. One benefit of not smoking is having extra \_\_\_\_\_ to spend on other things.