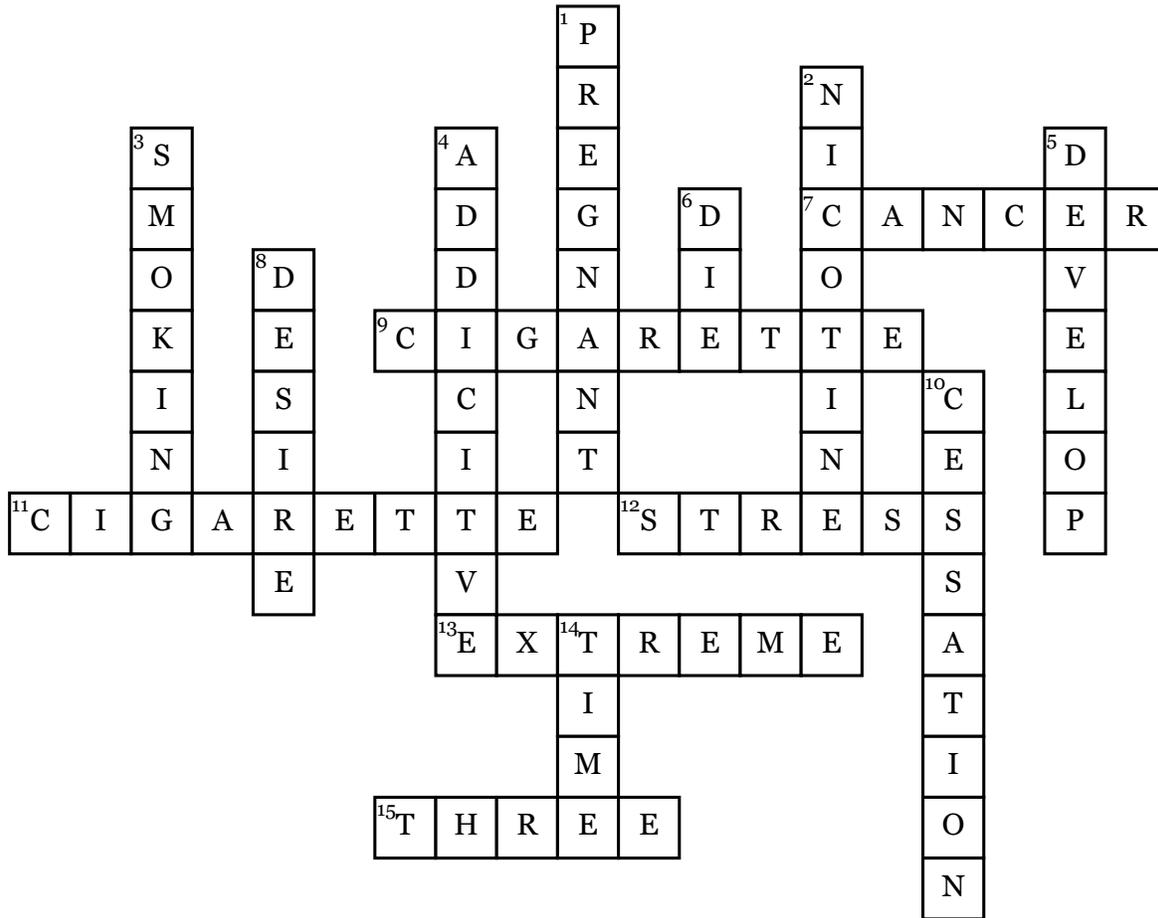


Smoking Cessation



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.