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Smoking Cessation

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| **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.  |