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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. |