



# Smoking Quiz

Why you should quit today (or never start in the first place)

A cigarette contains about  
4000 chemicals, many of  
which are poisonous

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**TRUE or FALSE?**

# TRUE

They include:

- Nicotine: a deadly poison
- Arsenic: used in rat poison
- Methane: a component of rocket fuel
- Ammonia: found in floor cleaner
- Cadmium: used in batteries
- Carbon Monoxide: part of car exhaust
- Formaldehyde: used to preserve body tissue
- Butane: lighter fluid
- Hydrogen Cyanide: the poison used in gas chambers

**On average, smokers get how many more cavities than non-smokers?**

- 2
- 3
- 0
- They actually get less

3!

# What happens each time smoke is inhaled?

- Your heart races slightly
- Some air sacks in the lungs are killed, and they don't grow back
- Your blood pressure is elevated significantly
- You can breathe more clearly

**Air sacks in the lungs, called alveoli, are permanently destroyed. They are then unable to transport oxygen to the body.**

# Which of the following is an ill effect of smoking?

- Wrinkles
- Bad breath
- Teeth stain
- All of the above



**All of the above!**

**Smoking makes you smell bad,  
gives you wrinkles, and causes  
teeth stains.**

# How long can it take to become addicted to cigarettes?

- About a month of daily smoking
- One cigarette
- You are never truly addicted. Most people can quit at any time
- At least one year of regular smoking

**Just one cigarette—for some people. Cigarettes are just as addictive as cocaine or heroin. Even one or two cigarettes a day can put you at risk of becoming addicted.**

# What percentage of teens think they will still be smoking in one year?

- 5%
- 10%
- 20%
- 30%

**Just 5%**

. . . And how many are  
still smoking in five  
years?

10%

25%

75%

35%

**75%!**

**Of all smokers, how many  
will probably die from the  
habit?**

- 5%
- 10%
- 20%
- 30%



**1 out of 3 – 30%**

# Why does tar build up in the lungs of smokers?

- ❑ Smoke that is not exhaled deposits tar in the lungs
- ❑ The combination of chemicals in a cigarette are poisonous, leaving a tar residue
- ❑ That is actually a myth that has not been proven.
- ❑ Smoke paralyzes cilia, which usually wave back and forth to remove foreign material

**Smoke paralyzes cilia. The little hairlike structures cannot then sweep particles from the lungs, such as pollen, dust and other things. So the particles sit in the lungs and build up tar.**

**The Centers for Disease Control and Prevention reports that adult male smokers lose how many years of life to smoking?**

- 13.2
- 5.8
- 10
- 2.1

# A full 13.2

**For help quitting, contact  
the American Cancer Society  
at 1-800-ACS-2345 or visit  
[www.cancer.org](http://www.cancer.org)**

Quitting is easy—I've done it a thousand times.  
Mark Twain