

Chapter 20 Lesson 2: Living Tobacco Free

Introduction:

As you learned in this lesson, the easiest way to get the benefits of a tobacco-free lifestyle is to not start smoking. Once a person has begun to smoke, it may be very difficult to quit. Fortunately, there are products and programs available that can help smokers kick the habit. Visit this Web site to learn about the American Lung Association's recommendations for people who want to quit smoking.

Links to Explore:

Smoking Cessation Support

<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22931>

Directions:

- Go to the Quit Smoking page and click on the Quitting Smoking link.
 - Read the fact sheet and answer the following questions:
1. How many smokers die early because they smoke?
 2. What are some of the most common causes of death related to cigarette smoking?
 3. How is secondhand smoke harmful?
 4. What are the two steps to quitting smoking?
 5. What is the purpose of nicotine replacement therapy?
 6. List three benefits to quitting smoking, aside from the reduced risk of disease.

Answers:

1. One in three
2. Heart disease, stroke, cancer, and emphysema
3. Secondhand smoke may cause heart disease and cancer in adults and breathing problems in children.
4. Overcoming the physical addiction to nicotine, and breaking the smoking habit.
5. To reduce cravings for cigarettes and relieve the withdrawal symptoms people experience while trying to quit smoking
6. Any three of the following:
 - Freedom from cigarette stains
 - Relief from hacking cough
 - Eliminating smell of stale tobacco smoke
 - Improved sense of smell and taste

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Quitnet

<http://www.quitnet.com/>

Quit Smoking

http://www.cdc.gov/tobacco/quit_smoking/index.htm

WhyQuit

<http://www.whyquit.com/>