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| **STEPS TO WELLNESS**  Review Questions  Lesson Eight – The Smoking Debate | | | |
| T | F | (True or False) | |
|  |  | 1. | Smoking is one of the greatest preventable causes of disease in the world today. |
|  |  | 2. | In the middle 1900s most people believed smoking was beneficial to health. |
|  |  | 3. | A smokers chance of dying from lung cancer is not much higher than that of a non-smoker |
|  |  | 4. | The average cigarette takes one minute from a person’s life. |
|  |  | 5. | Cigarette smoke has more than 10 chemicals that are capable of stimulating the development of cancer |
|  |  | 6. | Smoking does not impair your mental ability although it has other harmful effects. |
|  |  | 7. | Smoking lowers the heart rate and the blood pressure slightly. |
|  |  | 8. | Cigarette advertising is targeted toward youth. |
|  |  | 9. | Smoking can be used as a coping strategy against stress. |
|  |  | 10. | Second hand smoke kills about 65,000 people every year and has a higher concentration of toxic chemicals. |
|  |  | 11. | The best way to quit smoking is to cut back a little at a time until one can finally be free. |
|  |  | 12. | Drinking plenty of water (8-12 glasses per day) will help one stop smoking. |
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