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| **STEPS TO WELLNESS**Review QuestionsLesson 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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