

Manitoba Addictions Awareness Week

Tobacco Quiz



Smoking - Activity 4

Let's explore your knowledge about tobacco. Answer True or False.

1. Damage to the body because of cigarette smoke is always reversible.
2. Physical withdrawal symptoms from nicotine last six months.
3. Nicotine is used as an insecticide to kill bugs.
4. Firemen have the highest mortality rate of any occupation.
5. There are 40 known substances in cigarette smoke.
6. Smoker's cough is the body's way of healing itself.
7. Within 48 hours of quitting smoking, your ability to taste and smell returns to normal and your nerve endings begin to regenerate.
8. The worst dental problems associated with smoking are bad breath and brown teeth.
9. Most smokers are successful at quitting on their first attempt.
10. Children of smokers are at an increased risk for upper respiratory tract infections, middle ear infections, asthma, and tonsillitis.
11. There are no long-term effects of being exposed to cigarette smoke as a child.
12. If you have not smoked for several months, it is safe to have one cigarette.
13. Most smokers gain a significant amount of weight after quitting smoking.
14. Young people between the ages of 11 -to 14 who've seen a lot of smoking in movies are three times more likely to try it themselves.
15. Smokers need to smoke for many years in large quantities for physical damage to occur.
16. Half of current smokers began smoking as teenagers.
17. Young people tend to underestimate the likelihood that they will become addicted.



Manitoba Addictions Awareness Week

Answers:

1. **FALSE** - The amount of healing after quitting depends on the amount and type of damage that has been done, and personal risk factors.
2. **FALSE** - Physical symptoms usually last 3-10 days though the cravings triggered by memory associations can last longer. If someone experiences cravings, they can try the four D's: Delay, Distract, Deep Breathing and Drink Water.
3. **TRUE** - The nicotine in the tobacco leaf acts as a natural insecticide. When insects ingest the plant, even in minute quantities, they perish. Given this effect, farmers have been using nicotine as an insecticide since the 1800s.
4. **FALSE** - Waitresses have the highest mortality rate because of secondhand smoke.
5. **FALSE** - It is estimated that there are more than 4,000 chemicals in tobacco smoke and at least 50 of them are cancer producing. Most of the toxic chemicals of cigarette smoke, including carbon monoxide, benzene, formaldehyde and hydrogen cyanide, are created when tobacco burns. Others such as lead, nitrosamines and nicotine are found naturally in unburned tobacco but are released as it burns. Health Canada requires manufacturers to test and report on 43 chemicals found in smoke - including the six now listed on packages.
6. **FALSE** - The cough loosens mucous that protects the lung, exposing it to infection and cancer-causing agents.
7. **TRUE** - In fact, your body's health will improve as soon as 20 minutes after your last cigarette. It takes 20 minutes for your blood pressure, body temperature and pulse rate to return to normal. Your body's oxygen level will return to normal within eight hours of your last cigarette.
8. **FALSE** - Smokers are at risk of developing cancer of the mouth, tongue, lips, and pharynx.
9. **TRUE AND FALSE** - Success at quitting is part of a process. A lot of work is done before the actual quit attempt. Having a plan for quitting that includes reasons, potential pitfalls, stages of progress, and how to deal with temptations helps. If you slip, look at what triggered the lapse and figure out how to handle it differently.
10. **TRUE** - In fact, children who breathe secondhand smoke may be at risk for a wide range of health problems including pneumonia and sudden infant death syndrome.
11. **FALSE** - A recent study found that about 17 per cent of lung cancer cases in non-smokers could be attributed to exposure to secondhand smoke as children.
12. **FALSE** - The majority of smokers who relapse believed that they could have one more without harm, but it generally led them to smoke at their previous level.
13. **FALSE** - One-third of ex-smokers gain three to seven pounds due to changes in the way their bodies metabolize food. Weight gain can be controlled by sticking to the same diet, preferring low-calorie snacks, and increasing physical activity and exercise.
14. **TRUE** - Some studies have shown that young people who watch a lot of movies showing smoking are three times more likely to smoke in the future. Sadly, in 2002 four out of five PG13 movies promoted smoking.
15. **FALSE** - All smoking is potentially damaging to the body. Genetic risk factors contribute to the amount and type of damage that occurs.
16. **TRUE** - Ninety per cent of current smokers began as teens. Almost 75 per cent of high school daily smokers are still smoking seven to nine years later. When asked in high school, only five per cent thought they would still smoke five years later.