



GREAT AMERICAN SMOKEOUT

November 15, 2012

Most people know that using tobacco can cause lung cancer, but few are aware that smoking is also a risk factor for many other types of cancer, including cancer of the mouth, voice box (larynx), throat, esophagus, bladder, kidney, pancreas, cervix, stomach, and some forms of leukemia. It's also linked to a number of other health problems, from heart disease and emphysema to stroke. There is no safe way to use tobacco. Cigarettes, cigars, pipes, and spit or other types of smokeless tobacco all pose serious health risks. To test your knowledge of tobacco and the benefits of quitting smoking, AllOne Health and the American Cancer Society encourage you to take the quiz below. You just may see why there's never been a better time to quit!

1. Currently, ___ US states do not have a statewide smoke-free law in effect, or have a law that does not cover all workplaces or populations.
a. 5 b. 18 c. 27 d. 33
2. True or False? Each year, about 3,400 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.
3. Within ___ of quitting, the carbon monoxide level in your blood drops to normal.
a. 12 hours b. 24 hours
c. 36 hours d. 48 hours
4. True or False? In 46 states, the majority of adults (50% or more) who ever smoked have now quit smoking.
5. In the US, tobacco use is responsible for nearly ___ in ___ deaths.
a. 1 in 5 b. 2 in 5 c. 1 in 3 d. 1 in 2
6. True or False? Smoking-related diseases remain the world's most preventable cause of death.
7. True or False? A smoker who quits at age 30 can expect to live about 5 years longer than a person of the same age who continues to smoke.
8. Cigarettes, cigars, smokeless tobacco, and pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4,000 individual compounds have been identified in tobacco and tobacco smoke. Among those 4,000 individual ingredients, more than ___ compounds are known carcinogens (cancer-causing agents).
a. 60 b. 90 c. 120 d. 400
9. True or False? Experts estimate that the 2009 cigarette tax increases will prevent more than 900,000 smoking-related deaths
10. What is the average cost of a pack of cigarettes in the US?
a. \$3 b. \$5 c. \$7 d. \$10

It takes just minutes for your body to start healing after you quit smoking. You can look forward to better circulation and lung function, as well as an improved sense of taste and smell. By not buying packs of expensive cigarettes, you'll also be saving money – and in these times, every penny counts.

Need more motivation to quit? Call your EAP at 800-451-1834 for tips and resources.

If you are ready to quit today and receive Blue Cross/Blue Shield health insurance through MIIA, call 866-887-7848 to enroll in

QuitPower, your free smoking-cessation program.



Answers: 1: c, 2: True, 3: a, 4: True (46 states and the District of Columbia), 5: a, 6: True, 7: False (Smokers who quit at age 30 can expect to live up to 9 or 10 years longer), 8: a, 9: True, 10: b