

Smoking Cessation: Reflective Questions

- 1. What are some of the health benefits of quitting smoking?**
 - a. Quitting smoking can help reduce your risk for cancer, heart attack, and stroke.
- 2. What are some of the health problems caused by smoking?**
 - a. Smoking can increase your risk for cancer, heart attack, stroke, and many other things.
- 3. How do E-cigarettes compare to other types of tobacco use?**
 - a. These are not FDA regulated and are not a good choice to help stop smoking. The long-term effects of E-cigarettes are not well understood.
- 4. How does second-hand smoke affect others?**
 - a. Even minor amounts of second-hand smoke exposure can lead to heart disease.
 - b. Second-hand smoke can greatly impact the health of young children too, including lung disease like asthma.