

# What Have You Learned ?

- 1** Which of the following is a benefit of quitting smoking?
  - a) Reduces the risk for lung cancer and other types of cancer
  - b) Reduces the risk for stroke and heart disease
  - c) Reduces the risk of developing chronic obstructive pulmonary disease (COPD)
  - d) All of the above
  
- 2** True or False: All products/medicines used to help people quit smoking contain nicotine.
  
- 3** Which of these nicotine replacement therapies requires a prescription?
  - a) Nicotine patch
  - b) Nicotine lozenge
  - c) Nicotine nasal spray
  
- 4** Symptoms of nicotine overdose include:
  - a) Nausea/vomiting
  - b) Weakness/dizziness
  - c) Fast heart rate
  - d) All of the above
  
- 5** What can you do on your quit day to ensure you are successful?
  - a) Avoid triggers.
  - b) Stay positive.
  - c) Ask for support from your family and friends (Let them know how they can help you).
  - d) Utilize support options like a quitline and/or application.
  - e) All of the above

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- 6** **True or False.** Exercise releases endorphins, which can improve mood and may help you deal with triggers.
- 7** **True or False.** Cigarette cravings usually last hours and hours. There is no way to cope.
- 8** **True or False.** Nicotine withdrawal can make you feel stressed.
- 9** **True or False.** There is no way to control weight gain while quitting smoking.
- 10** **Which of the following steps can you take to protect yourself and your family from secondhand smoke?**
- a) Make your home and vehicles smoke-free.
  - b) Ensure your children's school or daycare is tobacco-free.
  - c) Look for restaurants and other places that do not allow smoking.
  - d) All of the above