

# Health Effects of Smoking

Smoking leads to disease and disability and harms nearly every organ of the body. Exposure to secondhand smoke can also cause disease and premature death among people who do not smoke. Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. Visit the [CDC's website](#) to learn about the health effects of tobacco use, secondhand smoke, and smokeless products.

**Instructions:** This word scramble puzzle consists of words or phrases related to the health effects of smoking. Solve each puzzle by rearranging the letters to form the word or phrase. A key has been provided below so that you can check each of your answers.

| Scrambled Words | Unscrambled Words |
|-----------------|-------------------|
| cohug           |                   |
| wzeehe          |                   |
| athmsa          |                   |
| epyhmmesa       |                   |
| CPOD            |                   |
| ttooh sslo      |                   |
| gmu ssol        |                   |
| inlfmmataion    |                   |
| atrhrtiis       |                   |
| briht dfects    |                   |
| cataacrts       |                   |
| dabietes        |                   |
| streko          |                   |
| canrec          |                   |
| daeht           |                   |

# Health Benefits of Quitting Smoking

Quitting smoking is one of the most important actions people can take to improve their health. This is true regardless of their age or how long they have been smoking.

Quitting smoking:

- improves health status and enhances quality of life.
- reduces the risk of premature death and can add as much as 10 years to life expectancy.
- reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- benefits people already diagnosed with coronary heart disease or COPD.
- benefits the health of pregnant women and their fetuses and babies.
- reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke. If you would like support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).

*(Center for Disease Control and Prevention, 2023)*

## Key

1. Cough; 2. Wheeze; 3. Asthma; 4. Emphysema; 5. COPD; 6. Tooth loss; 7. Gum loss; 8. Inflammation; 9. Arthritis; 10. Birth defects; 11. Cataracts; 12. Diabetes; 13. Stroke; 14. Cancer; 15. Death