Smoking Quiz
Test Your Medical IQ

Name _____

1) What is the average weight gain for those who quit smoking?

a. Less than 10 lbs. b. 10-15 lbs. c. 15-30 lbs.   d. More than 30 lbs.

2) Signs of cigarette addiction do NOT include which one of the following:

a. Smoking within 30 minutes of awakening in the morning.

b. Smoking more than three cigarets per day

c. Smoking even when sick and in bed

d. Difficulty eliminating the first cigarette in the morning.

3) When was smoking at its peak in America?

a. 1945   b. 1955   c. 1965   d. 1975

4) Other healthy habits may make up for smoking.

a. True   b. False

5) What kinds of substances are contained in a cigarette?

a. Chemicals used in wood varnish   b. chemicals found in nail polish remover

c. chemicals found in rat poison   d. All of the above

6) Which symptom is most likely to be associated with smoking cessation?

a. Blurred vision b. Dry mouth c. Anxiety d. Stomach pain

7) Smoking and _____ are risk factors for heart disease.

a. High cholesterol   b. Human papillomavirus (HPV)

c. Blood infections   d. None of the above

8) Of the options below, the best advice for quitting smoking is:

a. Don't go cold turkey   b. Don't set a quit date

c. Don't tell anyone   d. Don't exercise right away at first

9) Addiction to nicotine is the same as addiction to cocaine or heroin.

a. True   b. False

10)   It is best to clean house during the smoking cessation phase.

a. True   b. False

11) Which of these statements is FALSE?

a. Chemicals in cigarettes can reach breast milk

b. Continine is the breakdown product of nicotine

c. At Least 250 chemicals have been found in secondhand smoke

d. Smoking increases pain perception

12) Stop smoking aids can include drugs that normally treat depression.

a. True   b. False

13) Which of the following drugs is commonly prescribed for use as an aid to smoking cessation treatment?

a. Oraqix (lidocaine/prilocaine)   b. Amrix (cyclobenzaprine hydrochloride)

c. Plovix (clopidogrel bisufate)   d. None of the above