



Are you hooked?

Answer these questions and find out:

1. Have you ever tried to quit but couldn't?
2. Do you smoke now because it is really hard to quit?
3. Have you ever felt like you were addicted to tobacco?
4. Do you ever have strong cravings to use tobacco?
5. Have you ever felt like you really needed tobacco?
6. Is it hard to keep from using tobacco in places where you are not supposed to, like school?

For these next questions, think about when you tried to quit or when you stopped using tobacco for a while...

7. Did you find it hard to concentrate?
8. Did you feel moody or irritated?
9. Did you feel a strong need or urge to smoke?
10. Did you feel nervous, restless or anxious because you couldn't smoke?

Answering "yes" to any of these questions means you may already be addicted.

Quitting can be difficult, but once you do, you'll look better, smell better and be healthier!



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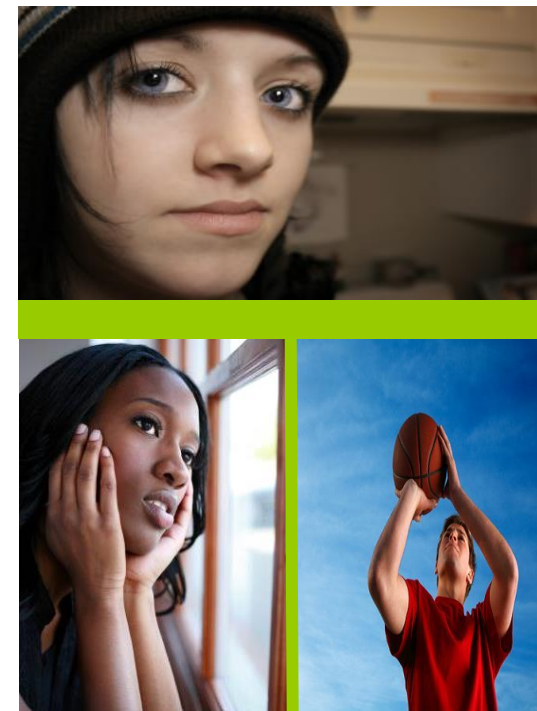
Sources for materials include: American Cancer Society; Mayo Clinic, *My Path to a Smoke-Free Future*; teenquit.com; and kidshealth.org.

Illinois Tobacco Quitline

1-866-QUIT-YES for free phone counseling. Counseling available in English & Spanish. TDD 1-800-501-1068 (for hearing impaired)

Becoming Tobacco-Free

Is Quitting Right For Me?





Your brain and nicotine

Nicotine reaches the brain in about seven seconds. There it binds with nicotine receptor sites and releases a chemical called dopamine, which gives you the “nice” feelings from smoking.

These feelings don’t last long as nicotine leaves the body quickly and the receptor sites empty. This makes you feel on edge and craving more nicotine.

As you continue to smoke, your brain creates more receptor sites, making your brain need more nicotine than it did when you first started.

Once you stop smoking, many of the receptor sites will disappear, but those that are still there will always remember you were a smoker and can be triggered easily.

One tobacco company genetically altered tobacco to have 50% more nicotine than regular tobacco!

Only 5% of teens think that they will be still be smoking in five years. Unfortunately, more than 60% of them are still smoking more than five years later. The longer you smoke, the harder it will be to stop and the more damage you will do to your body.

Why quit?

Everyone knows that smoking is bad for you. But did you know that a cigarette contains over 4,000 chemicals? Or that damage can be done to your appearance – not just your lungs? Here are some common reasons why teens want to quit:

- Of the 4,000 chemicals found in cigarettes, 69 of them are known to cause cancer
- Most teens prefer to date a non-smoker
- Up to 3x more cavities
- Yellow stains on teeth and fingers as well as more wrinkles
- Shortness of breath and reduced physical fitness
- Tobacco companies intentionally add harmful chemicals just to make cigarettes more addictive
- To save money – the pack-a-day smoker spends about \$2,180 per year, just in cigarettes!
- Most teens do not plan on using tobacco in adulthood
- To smell better
- To be healthier

My reasons for quitting:

Everyone has reasons why they want to quit tobacco use – it costs too much, it makes them smell bad, they want to be better in sports, etc.

What are your reasons? Write them down below. Look at these often, especially when you have an urge to use tobacco.
