

## Help Your Kids Stop Smoking

Make no mistake about it—cigarettes are a deadly and highly addictive drug. Know the facts about children and smoking.

- **Many smokers start young.** Habitual smokers often report having started as teenagers or even younger. You can save your teens the painful—and sometimes unsuccessful—process of quitting smoking by convincing them not to start. If your teen is already smoking, discuss the social and health risks.
- **Social pressures.** Smoking is advertised as being "glamorous" or "sophisticated." But, smoking makes your clothes, hair and breath smell bad and can permanently stain teeth and fingers yellow. It's an expensive habit. And, contrary to popular belief, smoking doesn't help you stay slim.
- **Health risks.** Cigarettes contain 4,000 toxic and carcinogenic chemicals, including arsenic and carbon monoxide. These dangerous chemicals can cause serious health problems such as emphysema and lung, throat and mouth cancer. Chewing tobacco is just as dangerous.
- **Teach by example.** A good way to encourage your children not to pick up the habit is for you to quit if you smoke. It will help them avoid the perils of smoking and improve your own health.

Check out ValueOptions' AchieveSolutions on our website to help, [www.apwuhp.com](http://www.apwuhp.com), Health Care and Patient Safety Tips bullets on the home page; and the Health Plan's 24/7 Nurse Advisory Line at 888/993-0333. The Health Plan covers drugs and medicines for smoking cessation, and smoking cessation programs.