Kicking Butt

February 29, 2008 By James Wortman

We all know teen smoking can increase the risk for lung cancer, asthma and other lung conditions later in life. But did you know that for young people, cigarettes can lead to depression right now? A recent study led by Columbia University shows teens who smoke are twice as likely to develop signs of depression within a year. If the dangers of smoking seem distant to adolescents, talking to your kids about this immediate threat may help them kick the habit before they start.

Smoke Signals

Tweens and teens who smoke cigarettes are nearly four times as likely as those who don't to develop asthma.—*Source: University of Southern California*

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http://beta.docker.realhealthmag.com/article/teen-smoking-depression-14138-6412