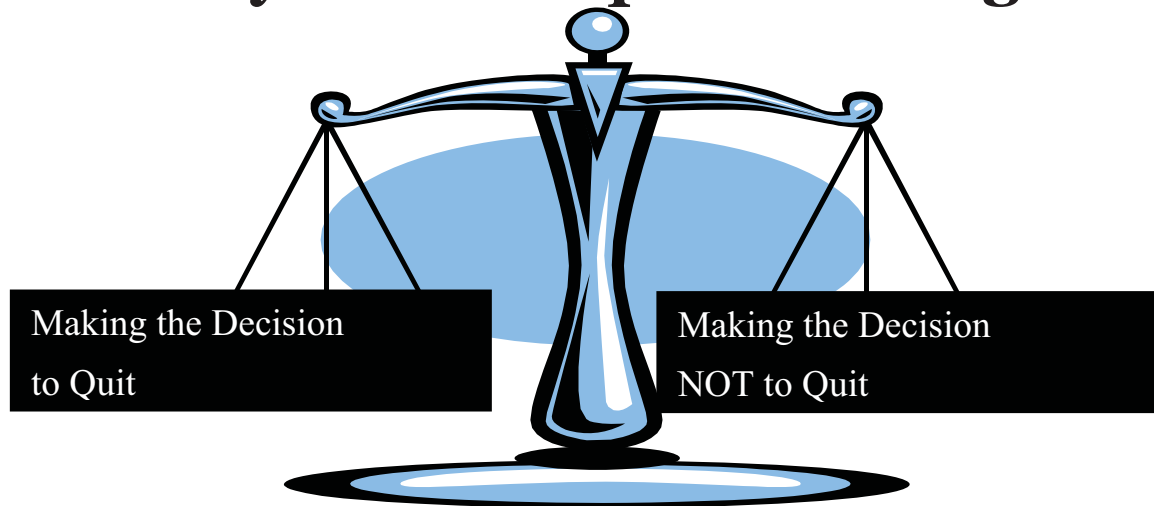


## Why should I quit smoking?



**It is important to stop and ask yourself if YOU should consider quitting smoking. What would be the benefits of quitting or not quitting?**

**We have already reviewed many of the harmful consequences and drawbacks of smoking in earlier chapters. Some are listed below:**

- ✓ Health problems and diseases
- ✓ Unpleasant problems including premature wrinkling of the skin, bad breath, bad smelling clothes, and yellow fingernails.
- ✓ Spending too much money on tobacco
- ✓ Keeps me addicted

# There are many benefits to QUITTING SMOKING.

Quitting smoking will also provide you with benefits that you will notice right away and some that take a few weeks to notice. Here are some good things about quitting smoking that can improve your life and daily lifestyle!

- ✓ You will live longer. People who stop smoking before age 35 avoid 90% of the health risks attributable to tobacco. Even those who quit later in life can significantly reduce their risk of dying at a younger age
- ✓ Food will smell and taste better.
- ✓ Ordinary activities will no longer leave you out of breath (climbing stairs, light housework.)
- ✓ You will have more money
- ✓ You will have fewer infections including the flu, cold, pneumonia and others.
- ✓ Your skin will have a fresher look and may look younger.

# Health Benefits of Quitting Smoking

## **Within 20 minutes**

Blood pressure and pulse goes back to normal.

## **After 8 hours**

The carbon monoxide level in your blood drops to normal and the oxygen level increases.

## **24 hours after quitting**

Your chance of a heart attack decreases.

## **2 weeks to 3 months after quitting**

Your circulation improves and your lung function increases up to 30%.

## **From 1 to 9 months after quitting**

You stop coughing and breathe easier and your overall energy increases. Your cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

## **1 year after quitting**

The risk of coronary heart disease is cut in half.

## **5 years after quitting**

Your chances of lung cancer death and stroke are cut in half.

## **10 years after quitting**

The chances of lung cancer are equal to that of a non-smoker. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

## **15 years after quitting**

The risk of coronary heart disease is the same as a non-smoker.

# My Smoking Worksheet

**Pros of smoking:**

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**Cons of smoking:**

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**Pros of quitting smoking:**

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**Cons of quitting smoking:**

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