

## **Good Reasons to Stop Smoking**

### **For Teenagers**

- Bad breath
- Stained teeth
- Cost
- Lack of independence – controlled by cigarettes
- Cough
- Dyspnea affecting sports
- Frequent respiratory infections

### **For Pregnant Women**

- Increased rate of spontaneous abortion and fetal death
- Increased risk of low birth weight

### **For Parents**

- Increased coughing and respiratory infections among children of smokers
- Poor role model for child

### **For New Smoker**

- Easier to stop now

### **For Long-Term Smokers**

- Decreased risk of heart disease and cancer if you stop

### **For Family History of Heart Disease, Cancer, Etc.**

- Risk of death increased even more by smoking

### **For Asymptomatic Adults**

- Twice the risk of heart disease
- Six times the risk of emphysema
- Ten times the risk of lung cancer
- 5-8 years shorter lifespan
- Cost of cigarettes
- Cost of sick time
- Bad breath
- Less convenient and socially unacceptable
- Wrinkles

### **For Symptomatic Adults**

- Correlate current symptoms with:
- Upper respiratory infections, cough
  - Sore throats
  - Dyspnea
  - Ulcers
  - Angina
  - Claudication
  - Osteoporosis
  - Esophagitis
  - Gum disease

### **For Any Smoker**

- Money saved by stopping
- Feel better
- Improved ability to exercise
- May live long enough to enjoy retirement, grandchildren, etc.
- May be able to work more, with less illness