



Why Should I Stop Smoking?

There are many reasons to quit smoking. For you to be successful, the only reason you need is the one that is right for YOU! If you stop smoking, it will help your health and your family's health...and, it will save you money.

Your health

If you quit smoking, you will have less chance for having a heart attack, stroke, or blood vessel disease. It will also lower your chance for getting cancer of the lungs, voice box, mouth, neck, esophagus (food pipe), bladder, and cervix (opening to the womb). Your chances of having a lung disease such as asthma will also be lower. If you stop smoking, you will have less chance for broken bones due to a bone problem called osteoporosis (osteoporosis).

Your family's health

Your family will also be healthier if you quit smoking. By not breathing harmful second hand smoke, your spouse or children will have less chance for lung cancer. Your children will also have a lower chance of ear and lung infections and chest colds. By not smoking, you will reduce the risk of your baby being born too soon or with a low birth weight. The chance of Sudden Infant Death Syndrome (SIDS) in your newborn will also be lower.

Do you want your children to smoke? It is well known that children of parents who smoke are more likely to grow up to be smokers.

Other reasons to quit smoking

If you quit smoking, you will be able to save money and decrease bad breath. Your clothes, hair, and skin will smell cleaner. Your teeth will not have tobacco stains. You may also have fewer wrinkles. Your decision to stop smoking will make the air around you cleaner. Air that is free from harmful tobacco smoke can be enjoyed by everyone.

Get started today

If you stop smoking, you and your family may enjoy longer, healthier lives. It will not be easy. However, it will be one of the best health choices you have ever made for yourself and your family.

Make a list of reasons why YOU should stop smoking. Then, talk with your doctor about how to get started.