Why Quit Smoking Now?

1. Live Longer and Be Healthier

Lower your risk for:

- Heart attacks and strokes
  Non-smokers:
  » Are 2 to 4 times less likely to develop heart disease than smokers.
  » Are two times less likely to have a stroke than smokers.

One year after you stop smoking, the risk of having a heart attack or stroke will drop by more than half.

- Cancer
  » Quit smoking and you decrease your risk of developing these cancers: lung, bladder, kidney, larynx (voice box), pancreas, stomach, and cervix.
  » Women who have never smoked are 12 times less likely to develop lung cancer than women who smoke.
  » Men who have never smoked are 23 times less likely to develop lung cancer than men who smoke.

- Asthma attacks
- Respiratory disease, like emphysema and chronic bronchitis

2. Feel Better

- Have fewer colds, sore throats, and respiratory infections.
- Breathe easier.
- Have a healthy sense of smell and taste.

3. Look and Smell Better

Enjoy:

- Healthier looking teeth and skin.
- Not smelling like smoke.
- Good breath.
- Healthy gums.
- Less wrinkling of your skin.
Not spending $7 per day on cigarettes means:
You will have $210 extra in a month and $2,555 extra in a year. Think about what you and your family can buy with these savings.

Quit smoking and benefit:

- **Babies in the womb**
  The baby of a non-smoker:
  - Gets more oxygen than a baby of a smoker.
  - Is more likely to have a healthy birth.
  - Does not get harmful chemicals passed into its blood.
  - Is more likely to be born with a normal birth weight.

- **Infants and babies**
  Infants and babies who are not around secondhand smoke are:
  - Less likely to die from SIDS (sudden infant death syndrome).
  - Less likely to get chest colds, ear infections, bronchitis, pneumonia, and asthma.
  - Less likely to cry, sneeze, and cough.

- **Children and adolescents**
  - When children grow up in a home with non-smokers they are more likely to not smoke.
  - Young people who do not smoke cigarettes are less likely to try other drugs.