

# 10 Reasons to Make Your Next Smoke Your Last Smoke

1

## Improve your health immediately.

Within minutes of your last cigarette, your body begins to correct damage caused by smoking. Within 72 hours you'll breathe easier. And within three months your lung function improves up to 30 percent.



2

**Feel better.** You'll free yourself of smoker's cough, and have fewer colds and more energy. Physical activities—even those as simple as walking—will be much easier. Plus, you'll reawaken your senses of taste and smell.

3

**Look better.** When you quit, you won't just feel like a kid—you may look like one. You won't develop as many wrinkles. And if that's not enough to make you smile, you'll be glad your teeth will be whiter too.

4

**Smell better.** Good-bye cigarette breath. Once people take a closer look at your new smoke-free self, you'll be relieved that it's gone. And that your clothes no longer reek of smoke.



5

## Give your new family the right start.

If you're thinking of starting a family, smoking impacts the reproductive health of men and women. So, quitting can help if you've had infertility or impotence problems. Pregnant women who don't smoke have healthier pregnancies and healthier babies, including fewer miscarriages and birth defects.

6

## Reduce your risk for heart disease.

Within 24 hours, your risk for heart attack decreases. In months, your risk for heart disease is half that of a smoker.

7

## Protect your family.

Quitting will eliminate your family's increased risk of respiratory illness caused by your secondhand smoke. You'll set a good example for your children, and decrease the chance that they will become smokers.



8

**Reduce your risk for cancer.** Within five years, you'll cut your risk of lung cancer death by nearly half. Within ten years, your risk of lung cancer will be almost the same as a nonsmoker's.

9

**Save money.** You'd be surprised at how much smoking costs you. Not only can you save \$1,800 or more a year on cigarettes, but you'll also save on medical bills.

10

**Be footloose and hassle-free.** Cast out in the cold, searching for shelter from wind, rain, and snow for a few puffs—who needs it?

## READY OR NOT

There are lots of resources you can use—whether you're ready to quit or not. Here are just a few:

**Talk to your doctor.** He or she can give you information, support, and prescriptions that might help you quit.

**Call 1-800-TRY-TO-STOP.** This Massachusetts hotline offers counseling and materials. Live outside the State? Call 1-800-QUITNOW.

**Log on and live longer.** These Internet sites provide helpful information and resources.

[www.trytostop.org](http://www.trytostop.org)  
[www.quitnet.com](http://www.quitnet.com)  
[www.cancer.org](http://www.cancer.org)

20 FACTS YOU SHOULD KNOW ABOUT SMOKING



An Independent Licensee of the Blue Cross and Blue Shield Association

# 10 Smoking Myths Snuffed Out

1

## If I quit, I'll gain weight.

The average person gains less than ten pounds—a minor health risk compared to smoking. Exercising (which is much easier when you quit smoking) helps control your weight and improve your health.



2

## Someone I know lived to be 90 and smoked two packs a day.

Some people are very lucky—but statistics show that smoking kills over 440,000 Americans each year. That's more than alcohol, suicides, homicides, fires, and illegal drugs combined.



3

**Smoking calms me.** Nicotine is a drug that actually makes you more nervous. The cigarette you smoke to calm down feeds the withdrawal symptoms from your last cigarette. Withdrawal symptoms last only a few days when you quit.

Meditation, relaxation, and other stress-reduction techniques are more effective ways to achieve a sense of calm and can improve your health.

4

**I live with a smoker, so it will be too hard to quit.** Although your partner or housemate may not be ready to quit, he or she can still support your efforts. Likewise, your efforts may motivate your partner to join you in trying to quit.

5

**It's not a good time for me to quit.** It's hard to find a good time. Something stressful can always get in the way. But 3,500 people in the U.S. quit each and every day. So can you.

6

**I really like to smoke—it makes me happy.** Some people love to smoke. But quitting will make sense when your reasons for quitting outweigh your reasons for smoking.

7

**It's my only bad habit.** Smoking may be your only bad habit, but it's probably worse than all others combined. It's a pleasure that comes at an extremely high price.

8

**It's my life—it should be my choice.** Your smoking impacts more than just you. Your smoking can affect your family's health and cause them unneeded stress and concern.



9

## I have to smoke when I drive, go out with my friends, drink coffee...

No you don't. Over time, you've tied smoking to many daily activities. It's a habit you learned, but one that you can unlearn too.

10

**It's too late to quit.** People who quit smoking, regardless of age, live longer and healthier lives than people who continue to smoke. So it's never too late to experience the many positive benefits of quitting, like those listed on the other side of this brochure.

