

Benefits of Stopping Smoking

1. There is a much lowered risk of disability and death from coronary heart disease and smoking-related diseases such as chronic bronchitis and emphysema.
2. Your taste buds come back to life. Your sense of smell improves.
3. Fire hazard is reduced.
4. Chronic irritation of larynx is reduced so your speaking voice may improve.
5. Shortness of breath and cough decrease.
6. There is a reduced risk of ulcer.
7. Your risk of getting lung cancer is reduced: particularly occupation-related lung cancer for asbestos and some chemical workers.
8. A pregnant woman eliminates possible smoking-related injury to the unborn fetus.
9. Nonsmokers are more acceptable in public places and in the homes of nonsmoking friends.
10. Women on the birth control pill worry less about side effects.
11. Fewer colds occur and circulation improves.
12. Frequency and severity of asthma episodes are greatly decreased.
13. More spending money is available.
14. You have more energy and stamina.
15. The smell of tobacco doesn't cling to your clothes and hair.
16. You're a better example for your children. You increase the chance that they'll never smoke.
17. Peripheral and night vision improve.
18. You have two free hands again.

Source: American Lung Association "Freedom from Smoking®"



What Time Do You Have?

Take A Look.

Taste and Smell

Smoking dulls the senses. Smoke blocks air from reaching pungency receptors (nerve endings), so the sense of smell and taste are lessened.

Hair and Nails

Smoke stains fingers and nails yellow. Cigarettes also slow the circulation of nutrients to hair and nails, making them dry and brittle.

Skin

Tobacco smoke slows down the flow of nutrients to the skin, reducing elasticity and softness. The result can be thick, leathery skin and wrinkles.

Teeth

Tobacco stains the teeth a yellowish brown and also increases the amount of plaque. This can lead to cavities, receding gums, gum disease, and tooth loss.

Physical Fitness

Smoking robs the blood of oxygen by replacing it with carbon monoxide, making the heart work harder. The result can be shortness of breath and poor endurance during physical activities.

Phlegm and Cough

The lungs produce mucous to defend against the tar and chemicals in cigarette smoke. Too much phlegm causes coughing and breathing problems.

Immune System

Immune cells are busy fighting off the damage of cigarette toxins and are less available to fight off disease and infection.

Respiratory Morbidity

Smokers get more colds, and other respiratory infections. These are more likely to develop into bronchitis and pneumonia.

Asthma

Asthma can be caused by any of these allergens: dust mites, pets, smoke, cockroaches, etc. Airways narrow and fill with mucous, causing tightness in the chest and even suffocation. Smokers with asthma produce even more mucous and are more susceptible to im-

mediate asthma attacks, infection, and lung damage. Asthmatics who smoke are two times more likely to die from asthma attacks than asthmatics who don't smoke. **COPD** (Chronic Obstructive Pulmonary Disease) COPD, also known as a constant blockage of the lungs, is the obstruction of airflow into the lungs and requires artificial breathing assistance. It includes chronic bronchitis and emphysema. Damage begins years before it's noticed.

Chronic Bronchitis

Over time, cigarette irritants entering the airways can cause attacks of obstructed breathing, leaving airways

inflamed and clogged with mucous. The result can be continuous production of heavy mucous, chronic coughing, and severe shortness of breath.

Emphysema

Cigarette smoke destroys lung tissue, tearing and stretching air sacs. The lungs are unable to hold fresh air and can't fully release oxygen to the body. Over time, simple breathing suffers and it becomes impossible to exhale completely. This can lead to oxygen tank dependency. Damage is not reversible and eventually leads to death.

Heart Disease

Carbon monoxide robs the heart of oxygen, keeping it from functioning effectively. Nicotine is a stimulant that increases the heart rate and blood pressure and narrows blood vessels.

Smoking causes cholesterol levels to increase, and blood vessels to become more susceptible to plaque. Smoking also causes blood cells to become stickier and more likely to clot. Any combination of these factors (among others) can lead to a heart attack.

Lung Cancer

Constant irritation by cigarette smoke destroys cilia, leaving lungs unable to get rid of toxins. Mucous acts as a substitute for missing cilia, trapping toxins, which can lead to the uncontrolled growth of abnormal, cancerous cells. Early stages may be without symptoms; often when the disease is discovered, it is far advanced.



Quitting smoking does make a difference

The moment a body becomes smoke-free it starts to repair any damage that it can. Appearance improves, breathing is easier, the heart and lungs work more efficiently. Remaining smoke free substantially decreases the risk of developing cancer and heart disease. Most importantly, by quitting smoking you can have a positive impact on the quality of your life.

