



30 Reasons To Quit Smoking

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1. Think of those who care and love you very much
2. Tobacco and tobacco smoke are cancer's best friends.
Close friends with respiratory problems and heart diseases
3. Smoking increases the risk of chronic obstructive pulmonary disease, also called chronic obstructive lung disease.
4. There is growing evidence that smoking can lead to AMD (age-related macular degeneration), a degenerative condition occurring at the back of the eye resulting in blindness

5. There is an increased risk of developing cataracts.
6. Smokers may develop complications in diverticular disease.
7. Smoking can suppress the body's immune function.
8. Smoking contributes to chronic sinusitis.
9. Smoked or chewed tobacco worsens gum disease.
10. Tobacco can cause hemorrhoids to flare up.
11. Chain smokers (over 20 cigarettes a day) are 13 times more likely to develop rheumatoid arthritis than non-smokers.
12. Women who smoke during early pregnancy can increase a child's risk of developing autism.
13. Cigarettes, like alcohol, coffee and fizzy drinks are known to have an adverse effect on the secretion of the female hormone estrogen. Estrogen is linked to healthy bone

strength.

14. Nicotine is just as addictive as cocaine or heroin.
15. Cigars, like cigarettes contain nicotine. Cigar smoking is not safer than cigarettes. Cigars are a major source of secondhand smoke which contains over 4000 chemicals where 200 are poisons and 63 cause cancer.
16. It is foolish to think that smoking without inhaling is safe, that is because smoke still enters the body through the mouth, nose and skin.
17. Why take all these health risks? What is there to gain?
18. Smoking can cause skin to age faster.
19. Smoking increases stomach acidity which can irritate the stomach lining.
20. While you enjoy puffing, you are actually forcing those around you to breathe in what is harmful.

21. Children exposed to secondhand smoke are more prone to have chronic ear infections.
22. A team of researchers from The Cancer Center of the University of Minnesota detected cancer-causing compounds in the urine of babies who were in constant exposure to environmental tobacco smoke (ETS). This finding supports the concept that persistent exposure to ETS can contribute to the development of cancer later in life.
23. A study conducted by the British Institute of Psychiatry found that smoking later in life may lead to mental decline. Researchers found that smokers were 4 times more likely to experience a significant intellectual decline than non-smokers. The test that was used to assess intellectual power was similar to those used to screen for dementia and Alzheimer's disease.
24. Your sense of smell will be better.
25. Costly. Why not save the cigarette money? Surely there must be other better ways to spend it.

- 26. If now is not the time to quit then when do you prefer?
- 27. Think of your well-being too.
- 28. Quitting smoking is a precious and meaningful gift to give yourself and to the people you care about.
- 29. Set a good example for kids.
- 30. Forget about the number of times you have failed, don't be discouraged. It is that one success that counts.