

## Good Reasons to Stop Smoking (for Patients)



### For Teenagers

- Bad breath
- Stained teeth
- Cost
- Lack of independence – controlled by cigarettes
- Cough
- Dyspnea affecting sports
- Frequent respiratory infections

### For Pregnant Women

- Increased rate of spontaneous abortion and fetal death
- Increased risk of low birth weight

### For Parents

- Increased coughing and respiratory infections among children of smokers
- Poor role model for child

### For New Smoker

- Easier to stop now

### For Long-Term Smokers

- Decreased risk of heart disease and cancer if you stop

### For Family History of Heart Disease, Cancer, Etc.

- Risk of death increased even more by smoking

- Twice the risk of heart disease
- Six times the risk of emphysema
- Ten times the risk of lung cancer
- 5-8 years shorter lifespan
- Cost of cigarettes
- Cost of sick time
- Bad breath
- Less convenient and socially unacceptable
- Wrinkles

### For Symptomatic Adults

Correlate current symptoms with:

- Upper respiratory infections, cough
- Sore throats
- Dyspnea
- Ulcers
- Angina
- Claudication
- Osteoporosis
- Esophagitis
- Gum disease

### For Any Smoker

- Money saved by stopping
- Feel better
- Improved ability to exercise
- May live long enough to enjoy retirement, grandchildren, etc.
- May be able to work more, with less illness