

QUIT

12 Reasons to Quit Tobacco

To help your immune system help you

Smokers are more likely to get sick. Smoking harms the immune system and can make your body less effective at fighting off infections and it even decreases your body's ability to fight off cancer!

For the developing brains in your life

Have any kids or teens in your life? Nicotine during adolescence and young adulthood can have long-term negative impacts on brain development (brains develop until age 25) such as reduced impulse control, deficits in attention and cognition, mood disorders, and addiction. Protect them from secondhand smoke and set a good example for a tobacco-free life.

Protect Fido and Fluffy

Secondhand and third-hand smoke are not only harmful for adults and children, but for your pets, too. Third-hand smoke is residue from smoking that can get on skin, clothes, carpets, furniture, and animal fur and then become ingested by your furry friends.

Fewer pills

Smoking causes liver enzymes to work faster than usual. Because they are working hard to remove harmful chemicals and toxins from tobacco smoke, some medications are taken out of the body faster than usual. Smokers sometimes need to take higher medication doses to get the same effect.

Make that evening workout easier

Cigarettes produce carbon monoxide, which, when inhaled, builds up CO in your blood stream. CO binds to oxygen-carrying red blood cells in your body, depriving you of oxygen, and limiting the amount of oxygen that is getting to your heart, lungs, and muscles.

For your partner

Seeing someone else smoke can be a trigger for someone trying to quit. Having a smoke-free home may make it easier for you both to quit.

Fewer wrinkles

Quitting smoking is better than anti-aging lotion. Quitting can help clear up blemishes and protect your skin from premature aging and wrinkling.

Faster healing cuts and scrapes

Smoking causes wounds to heal slower because it reduces blood flow to the skin.

A more powerful cup o' Joe

Smoking causes the body to metabolize caffeine more quickly. A smoker who usually drinks two cups of coffee in the morning, will feel stronger caffeine effects from the same two cups of coffee after quitting smoking. And imagine the money you'll save too!

Have more money

Smoking cigarettes is expensive. A pack of cigarettes in Washington costs about \$8-\$11.

Less time at the dentist

Smoking puts you at greater risk for many dental problems, including enamel erosion, gum disease, and oral cancer.

Longer life!

Smokers who quit before age 40 reduce their chance of dying too early from smoke-related diseases by about 90 percent. Those who quit by age 45-54 reduce their change of dying too early by about two-thirds. Life expectancy for smokers is at least 10 years shorter than for nonsmokers.