

## I'M READY TO QUIT!

### Real Stories on the Health Effects of Smoking

Bill quit smoking before he turned 40, but not before losing a leg, kidney function, and the sight in one eye.

Terrie, a former smoker, was diagnosed with oral cancer at the age of 40. Later, treatments for throat cancer caused her to lose her teeth and hair, and to have a laryngectomy.

Tiffany talks about losing her mother, a smoker, to lung cancer when she was 16. Despite this, Tiffany smoked for years before realizing what she might miss in her own daughter's life. Tiffany's daughter, Jaelin, says she cannot imagine living without her mother. Jaelin goes on to tell her Mom how proud she is of her for quitting smoking for good.

### Reasons to Quit

Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe. As you consider quitting smoking, think about your own reasons for quitting. Remind yourself of them every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smoke free.

Here are a few reasons to quit you may want to consider;

#### Your Health and Appearance:

- My chances of having cancer, heart attacks, heart disease, stroke, cataracts, and other diseases will go down.
- I will be less likely to get sick.
- I will breathe easier and cough less.
- My blood pressure will go down.
- My skin will look healthier, and I will look more youthful.
- My teeth and fingernails will not be stained.

Although quitting will make you feel better and improve your health, there are other reasons to quit that you may not have considered:

#### Your Lifestyle

- I will have more money to spend.
- I can spend more time with family, catch up on work, or dive into my favorite hobby.
- I won't have to worry about when I can smoke next or where I can or can't smoke.
- My food will taste better.
- My clothes will smell better.

- My car, home, and kids won't smell like smoke.
- I will be able to smell food, flowers, and other things better.

### **Your Loved Ones**

- I will set a great example for my kids; it takes a lot of strength to quit.
- My friends, family, co-workers, and other loved ones will be proud of me.
- I will protect my friends and family from the dangers of secondhand smoke.
- My children will be healthier.
- I will have more energy to do the things I love with friends and family.
- I will get healthy to make sure I am around to share in my family's special moments.

Make a list of all of the reasons you want to become smoke free and keep it in a place where you will see it often, like your car or where you kept your cigarettes. When you feel the need to smoke, take a look at the list to remind yourself why you want to quit.

And if you decide **"I'm ready to quit!"**, call us at (573)-564-2495. ■