

Making a Choice

Benefits of Quitting Smoking and Chew

- More energy
- Better skin
- Improved health
- Food will taste better
- Improved sense of smell
- More money
- Feel better about yourself
- Home and car will smell better
- No more “smoker’s breath”
- Whiter teeth, healthier gums
- Can stop worrying about quitting
- Set a good example for kids and others
- Healthier household members
- Perform in sports better
- Improved self-confidence and control over life
- Less problems with diabetes
- Better immune system
- More oxygen to all body tissues
- Improved cholesterol profile

Benefits of Quitting Smoking and Chew

- Stained teeth
- Bad breath
- Shortness of breath
- Provokes asthma attacks
- Impotence
- Infertility
- Heart attacks
- Osteoporosis
- Skin cancer
- Heart disease
- Strokes
- Lung and other cancers (larynx, mouth, stomach, pancreas, bladder, cervix, leukemia)
- Chronic obstructive pulmonary diseases (chronic bronchitis and emphysema)
- Stomach ulcers

Other Conditions Associated with Tobacco Use:

- Hair loss
- Cataracts
- Wrinkling of skin
- Hearing impairment
- Gum ulcers
- Worn-down teeth and more gum disease
- Deformed sperm in men
- Psoriasis (skin condition)

Environmental Risks:

- Increased risk of lung cancer and lung disease in spouse and children
- Higher rates of smoking by children of smokers
- Increased risk of asthma
- Middle ear disease and respiratory infections in children of smokers

Compiled from U.S. Surgeon General’s Report

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Center for Tobacco
Independence

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