



Smoking – the facts

Top 10 reasons to smoke

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10. Er ... there are **no** good reasons to smoke!!

Top 20 reasons to stop smoking

1. Better all-round health - stopping smoking reduces the risk of nearly 50 different illnesses and health conditions. Many medical conditions associated with smoking, if not fatal, may cause years of debilitating illness or other problems. Smoking can cause a long, slow death.
2. Heart attack risk drops to the same as a non-smoker three years after quitting. The older you get the more this becomes significant.
3. Cancer risk drops with every year of not smoking. Your next cigarette might be the one which triggers cancer. Stopping *now* reduces your chances of contracting a cancerous disease.
4. Live longer and be healthier later in life - one in two long-term smokers die early and lose about sixteen years of their potential life.
5. Set a good example to your children (or other people's children) – would you really want them to grow up paying over the odds for an addictive habit which can seriously damage their health? If you smoke are you giving the right message?
6. Become fitter and more able to engage in sports, outdoor pursuits and exercise. Not only will this make you feel physically better but you'll probably find your sleeping patterns improve. You'll probably meet more people and become more sociable – rather than the anti-social smoker.

7. Breathe more easily. Within a few days of quitting your lungs will be starting to clear themselves. You might notice it becomes easier to climb stairs and you have a greater lung capacity. If you find yourself running for a bus or train, you'll find your recovery time becomes shorter.
8. Many of us play the lottery ... and dream of the things we'd do with the winnings. The chart below shows you how much you might be spending on smoking (based on main brand cigarettes at 2003 prices).

Cigarettes	Years of smoking				
	1	5	10	20	50
Per day					
5	£409	£2,044	£4,088	£8,176	£20,440
10	£818	£4,088	£8,176	£16,352	£40,880
20	£1,635	£8,176	£16,352	£32,704	£81,760
40	£3,270	£16,352	£32,704	£65,408	£163,520

9. Increase your chances of having a healthy baby. Babies born to smokers have a higher risk of complications and premature birth. Pregnant mothers who smoke are potentially passing on all the noxious cigarette-based poisons to the unborn child.
10. Increase your chances of conception. Smoking can have an adverse affect on fertility and can contribute to impotence in men.
11. Rediscover your taste buds. When you stop smoking, you will find food and drink tastes better. This will highlight to you just how much smoking affects taste.
12. Improve the complexion of your skin. Smoking contributes to wrinkles and dries out your skin. Not convinced? Well, just look at someone who has smoked all their lives and compare them with someone who hasn't.
13. Smell better. If you've ever smelt your clothes the morning after being in a smoky pub, then you'll be aware of the stench smoking causes (and remember your sense of smell is diminished as a smoker, so it's usually a lot worse that you think). Stop smoking and get fresher smelling breath, hair and clothes ... and your house won't stink like an ashtray.
14. Stop being a drug addict. Smokers are hooked on a highly addictive drug. Ever run out of cigarettes and moved heaven and earth to get your next cigarette? Bring control back into your life and stop being dependent on a drug.

15. Enjoy travel and restaurants. You can't smoke on most public transport and soon it's likely that you won't be able to smoke in public buildings. Freeing yourself from smoking means you won't be willing time to pass before you can find a place where you are allowed to smoke.
16. Concentrate better at work. Many smokers believe that smoking helps them to concentrate better. This is not true. In fact, quite the opposite is true. People smoke only because their withdrawal pangs are kicking in. Also imagine not being forced to smoke outside the office in the cold and rain.
17. Be less stressed. Smokers convince themselves that smoking helps them deal with stress better. But far from relaxing you, nicotine increases the heart rate and smoke reduces the oxygen in your blood.
18. Don't want to support tobacco manufacturers? The Tobacco companies make billions of pounds a year from smokers and continually find ways to keep you hooked. Think of the tobacco sponsorship of snooker tournaments, motor racing and other 'glamour' events.
19. Feel better about yourself. Smoking reduces oxygen needed by your body whilst it pumps noxious gung into your lungs. This will depress many physical functions and impact on your mental health. Many people who have quit smoking say they feel better and happier about themselves.
20. Now add your reasons

Need some support?

NHS Smoking Helpline	0800 169 0 169	7am to 11pm every day
Quitline	0800 00 22 00	9am to 9pm every day
Pregnancy Smoking Helpline	0800 169 9 169	12 noon to 9pm every day
NHS quit smoking website	www.givingupsmoking.co.uk	

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