



# The Benefits of Quitting Smoking

## The Will's

- You will have improved health.
- Your food will taste better.
- You will have an improved sense of smell.
- You will save money.
- You will feel better about yourself.
- Your home, your car, and your breath will smell better.
- You will stop worrying about having to quit.
- You will set a good example for your kids.
- You will have healthier babies and children.
- You will not have to worry about exposing others to smoke.
- You will feel better physically.
- You will perform better in sports and exercise activities.

## The Will Not's

- You will not have stained teeth and bad breath.
- You will not have shortness of breath.
- You will not provoke asthma attacks.
- You will not be at a greater risk of having a heart attack, stroke, or getting cancers of the lung, larynx, oral cavity, pharynx, esophagus, pancreas, bladder, cervix, skin or Leukemia. You will also not be at a greater risk of having chronic bronchitis and emphysema.
- You will not have increased hair loss.
- You will not have increased wrinkling of the skin.
- You will not have an increased risk of hearing impairment.
- You will not have an increased risk of osteoporosis.
- You will not have increased risks of stomach and gum ulcers.
- You will not cause an increased risk of lung cancer in you spouse and children.
- You will not cause middle ear disease and respiratory infections in your children.

