



Stop Smoking, Start Saving

People often quit smoking because they are concerned about their health.¹ Cigarettes cost a lot, too. That can be a reason to quit. Yet, the cost of buying packs of cigarettes is just part of the costs that come with smoking.

Save on your health care costs

Each year, the effects of smoking cause about \$170 billion in health costs.²

Tobacco use:

- Affects nearly every part of the body³
- May reduce the quality and length of one's life¹
- Is associated with 15 different types of cancer³
- Can cause heart, lung, and other diseases¹
- Is harmful to the health and well-being of others¹

Save face!

Smoking has become more and more unaccepted socially. When you become a nonsmoker, you:

- Don't have to worry about being in smoke-free workplaces, restaurants, and public areas⁴
- Won't annoy and harm others with secondhand smoke
- Will have fresh-smelling breath, fingers, hair, and clothes that are free of the foul odor of smoke

Save money and time

- Use the money you spent on cigarettes to buy things you enjoy
- Have more time for activities and people

You can do it!

There is good news. Now there are more nonsmokers than smokers. About 45.7 million Americans have quit smoking for good.⁴ You can, too. If you have not done so yet, set your quit date. Join the others who have improved their lives in so many ways.



References:

1. American Cancer Society. Guide to quitting smoking.
http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.
Accessed March 25, 2008.
2. American Cancer Society. Tobacco-related cancers fact sheet.
http://www.cancer.org/docroot/PED/content/PED_10_2x_Tobacco_Related_Cancers_Fact_Sheet.
Accessed March 25, 2008.
3. American Cancer Society. Tobacco and cancer. http://www.cancer.org/docroot/PED/PED_10.asp.
Accessed March 25, 2008.
4. American Cancer Society. Questions about smoking, tobacco, and health.
http://www.cancer.org/docroot/PED/content/PED_10_2x_Questions_About_Smoking_Tobacco_and_Health.asp. Accessed March 25, 2008.