

## THE BENEFITS OF QUITTING SMOKING

### Short-term benefits of smoking cessation:

- Decrease in frequency of respiratory problems
- Fewer sick-days from work
- Improvement in children's asthma conditions
- Soon after quitting, ex-smokers report having more energy

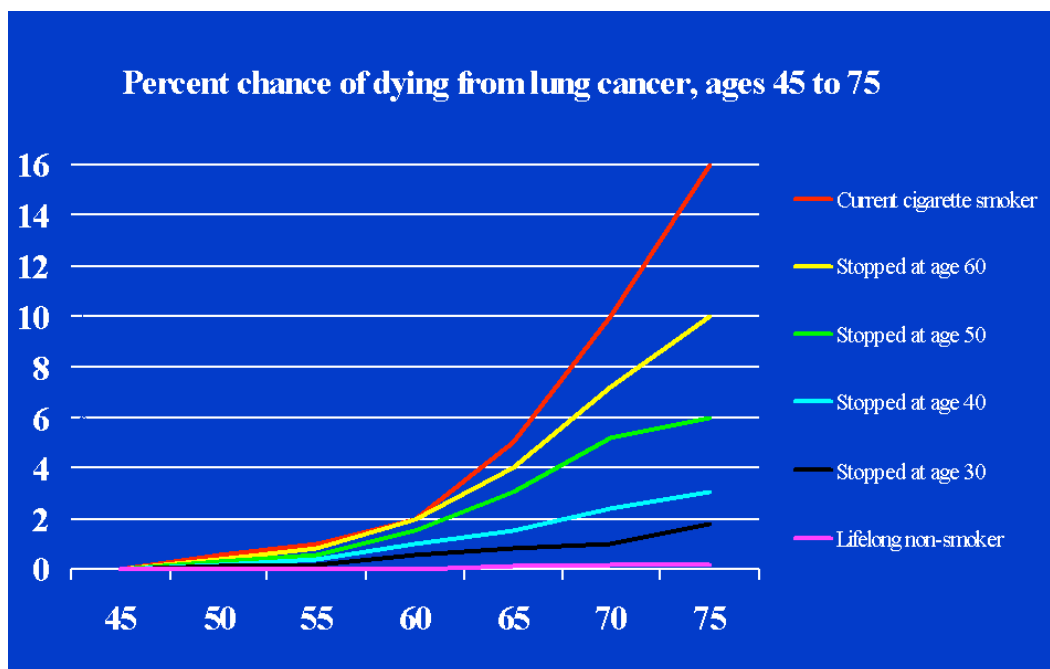
### Long-term benefits of smoking cessation:

#### LIVE LONGER

#### Quit for Health Program!

A recent study published in the American Journal of Public Health found that “life expectancy among smokers who quit at age 35 exceeded that of continuing smokers by 6.9 to 8.5 years for men and 6.1 to 7.7 years for women. Smokers who quit at younger ages realized greater life extensions. However, even those who quit much later in life gained some benefits: among smokers who quit at age 65 years, men gained 1.4 to 2.0 years of life, and women gained 2.7 to 3.7 years” (Am J Public Health. 2002; 92:990-996)

Overall, the sooner you quit, the better - but quitting is key.



## LOWER YOUR RISK OF DEVELOPING CANCER AND OTHER DISEASES

Quitting smoking will lower an individual's risk of developing chronic lung disease, coronary heart disease, and stroke, as well as cancer of the lungs, larynx, esophagus, mouth, and bladder. In addition, smoking cessation decreases one's risk of developing cancer of the cervix, pancreas, and kidneys.

## PROTECT YOUR CHILDREN



Pregnant women who smoke cigarettes run an increased risk of having stillborn or premature infants or infants with low birth weight. Each year, exposure to environmental tobacco smoke (ETS) causes up to 300,000 children to suffer from lower respiratory tract infections. Evidence also indicates that exposure to ETS increases the risk of coronary heart disease and sudden infant death syndrome (SIDS).

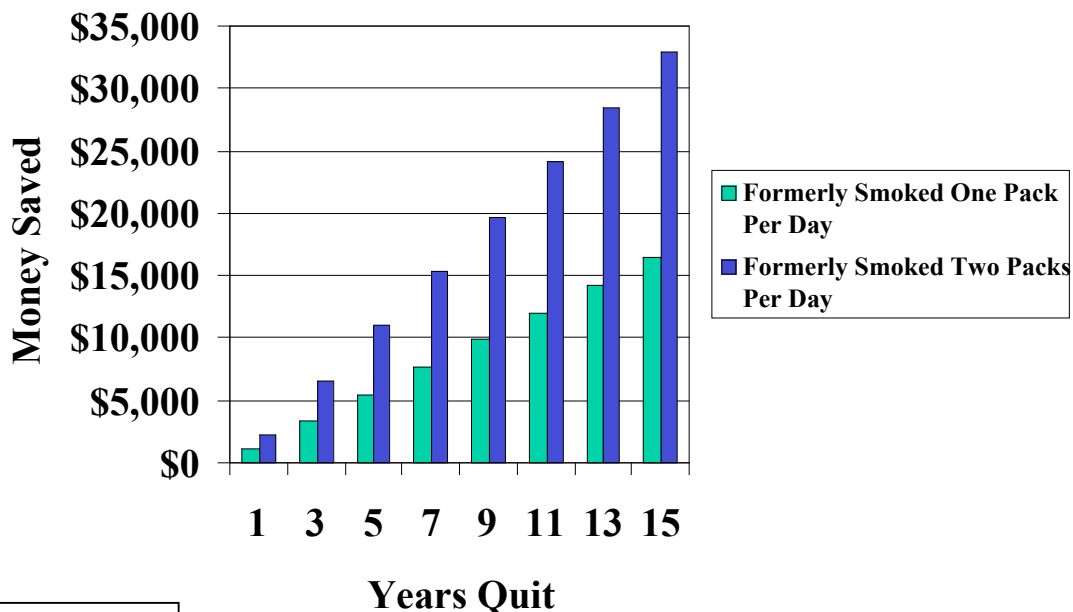
## SPECIAL INFORMATION FOR WOMEN

Women who smoke generally have earlier menopause. If women smoke cigarettes and also take oral contraceptives, they are more prone to cardiovascular and cerebrovascular diseases than are other smokers; this is especially true for women older than 30.

## COULD YOU USE SOME EXTRA MONEY?

In Philadelphia, a pack of cigarettes costs, on average, \$3. A pack/day smoker spends approximately \$1,095 for cigarettes each year. This can quickly add up to a lot of extra money!

**Total Amount Saved on the Cost of Cigarettes\***



## PROTECT THE ENVIRONMENT



Researchers have identified more than 40 chemicals in tobacco smoke that, besides being carcinogenic to humans and animals, are air pollutants.

*(Sources for information: the Centers for Disease Control, National Institute on Drug Abuse, 1989 U.S. Surgeon General's Report, and the Environmental Protection Agency)*