

REASONS WHY DIFFERENT PEOPLE MIGHT WANT TO QUIT [1]

Description: Reasons why different people might want to quit tobacco:

symptomatic adults, asymptomatic results, people with family history of cancer or heart disease, long-term users, new users, parents, women, pregnant women, teenagers, and any users.

Reasons for Any User to Quit

- Avoid tobacco-related illness (e.g., certain forms of cancer, cardiac disease)
- Save a lot of money by quitting; for example, a pack-a-day smoker who quits will save annually around \$1,380 to \$2,710, depending on residence (Lindblom and Boom 2010).
- Feel much better
- Improve physical and athletic performance
- Live a healthier life; live long enough to enjoy retirement, grandchildren, etc.
- Be more likely to work successfully, have fewer illnesses
- Eliminate the smell of cigarettes on body, clothes, car, and home
- Enjoy the taste of food more
- Improve one's sense of smell
- Decrease the following:
 - chronic sore mouth/sore throat
 - hacking cough
 - rough, deepened voice
 - shortness of breath
 - periodontal disease
 - white patches in the mouth that may be precancerous
 - bad breath
 - stained, hairy tongue
 - stained teeth and fillings
 - eroded teeth and cavities (for users of certain forms of smokeless tobacco)
 - gum recession (smokeless tobacco)
 - impotency
 - infertility
 - stained fingers
 - wrinkling/aging of skin

Reasons Why Different People Might Want to Quit

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- Feel better about yourself
- Stop worrying about quitting
- Set a good example for children

Reasons for Teenagers to Quit

- Show that you are not easily manipulated by misleading advertising
- Feel free of fear of being caught by parents
- Independence; behavior is not controlled by nicotine
- Improve appearance, which may make it easier to get a job and/or become more attractive
- Prevent bad breath

Reasons for Pregnant Women to Quit

- Decrease the risk of spontaneous abortion and fetal death
- Decrease the risk of having a low birth-weight baby.
- Decrease the risk of maternal complications
- Decrease health problems and developmental problems in babies and children of mothers who smoked during pregnancy

Reasons for Women to Quit

- Decrease the risk of heart attack
- Decrease the risk of developing lung cancer
- Increase the rate at which carcinogens break down
- Reduce health risks that occur with the interaction of birth control pills
- Avoid early menopause and infertility
- Decrease the severity of osteoporosis
- Prevent premature wrinkling

Reasons for Parents to Quit

Reasons Why Different People Might Want to Quit

- Have healthier babies and children, for example:
 - Decreased coughing and fewer respiratory illnesses in children
 - Decreased ear infections in children
 - Lower risk of sudden infant death syndrome
- Become a better role model for children
- Children of nonsmokers less likely to smoke

Reasons for Future Parents to Quit

- Reduce the risk of impotence
- Increase the chances to conceive
- Decrease poor reproductive outcomes (future problems for children)

Reasons for New Users to Quit

- Quit while it is easier, before habit becomes stronger
- Be more socially acceptable
- Make life less complicated without the distraction and mess

Reasons for Long-Term Users to Quit

- Decrease the risk over time of heart disease, lung disease, and cancer
- Reduce damage to pulmonary function
- Improve physical performance
- Improve ability to taste, smell, and feel well
- Increase the chances of recovering years of invested social security payments

Reasons for Those With a Family History of Cancer or Heart Disease to Quit

- Inherited risk of developing cancer or heart disease increases even further by smoking

Reasons for Asymptomatic Adults to Quit

- Significantly reduce the risk of heart disease, emphysema, and lung cancer
- Have a longer life span
- Save cost of tobacco products
- Save cost of sick leave
- Save cost of health services
- Reduce bad breath
- Become more socially acceptable
- Have fewer wrinkles and avoid looking older than you are
- Reduce health risks to family, friends, and coworkers

Reasons for Symptomatic Adults to Quit

- Reduce upper respiratory infections and cough
- Clear up sore throat or mouth
- Stop progressive shortness of breath
- Reduce the aggravation of ulcers
- Lower the risk and frequency of chest pains
- Reduce circulation problems
- Stop progressive weakening and thinning of bones
- Reduce or eliminate painful swallowing
- Eliminate gum disease
- Reduce and avoid costly health services

References:

1. Lindblom E, Boom A. Immediate Smoker Savings From Quitting in Each State. *Tobacco Free Kids Website*. 2010.