Most smokers know that smoking is bad for them. It can make you very sick and even cause your death. It is also a very expensive habit and it is becoming more difficult to find a comfortable place to smoke without breaking the law or making non-smokers mad.

On the other hand, smoking gives pleasure, it may help you relax and make you feel less stressed. It may even help make you feel less depressed. We know that for many people giving up cigarettes is not easy and may not seem worth it.

Even if you are not ready to give up cigarettes it is useful to think about the things you like about smoking and the things you don’t like.

On the next page are some examples. Check those you agree with and add some of your own reasons.
GOOD THINGS

- It tastes good
- It helps me think
- It calms me down
- It keeps my weight down
- It is fun

BAD THINGS

- It is bad for my health
- It is unhealthy for other people
- It makes my breath smell bad
- It causes wrinkles
- It is expensive

YOUR REASONS

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Did you know that immediately after you quit smoking your body begins to heal?

20 min: Blood pressure goes down; heart rate goes down; temperature of hands and feet returns to normal.

8 hours: Carbon Monoxide (a poison) level goes down; oxygen level goes up.

48 hours: Nerve endings begin to regrow; your sense of taste and smell gets better.

72 hours: It becomes easier to breathe and you can breathe more deeply.

2 weeks to 3 months: Blood flow improves; you can walk or exercise longer; you breathe now much better than when you smoked.

1-9 months: You cough less or not at all; sinus problems get better, you feel less tired and you have less or no shortness of breath; you begin to have much more energy.

5 years: Your chance of getting lung cancer is cut in half.

10 years: Cells that may cause cancer begin to disappear. Risk of getting other cancers goes down. Your chance of dying of lung cancer is now the same as that of someone who never smoked.

Please think about this and know that when you are ready to talk about quitting, we are ready to help you!

Call us at: ________________________________
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