



## Stop Smoking, Start Saving

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People often quit smoking because they are concerned about their health.<sup>1</sup> 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.<sup>2</sup>

#### Tobacco use:

- Affects nearly every part of the body<sup>3</sup>
- May reduce the quality and length of one's life<sup>1</sup>
- Is associated with 15 different types of cancer<sup>3</sup>
- Can cause heart, lung, and other diseases<sup>1</sup>
- Is harmful to the health and well-being of others<sup>1</sup>

### 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 areas<sup>4</sup>
- 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.<sup>4</sup> 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:**

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