

# Ask *the* Expert

## Why Should You Stop Smoking?

The Truth Shall  
Set You Free  
John 8:32

If you are a smoker, you have likely been preached to about quitting. You've heard all the ways smoking can kill you.

**“So why do you still smoke?”**

The evils of cigarette smoking come at you from every which-way—your doctor, the government, your family & friends. Some smokers say they enjoy it, others say they are addicted. The reality nonetheless leaves your life in a dangerous balance!

### Did You Know?

For every cigarette you smoke, you lose 28 minutes of life. (1) So the average smoker loses about 25 years of life! Is it worth it? (1. Dying to Quit (1998), Janet Brigham)

### Did You Know?

Smokers have an increased risk for early heart attacks (2 to 4 times), strokes (2 to 4 times), lung cancer (13 to 23 times), and disabling lung ailments (12 to 13 times). Cigarette smokers are also at threat of other deadly cancers, bone fractures, and life & limb threatening blood vessel problems.

### Is it worth it?

By smoking, you are the key actor in your own “Horror Show”.

Your sense of any long-term wellbeing is a sham. If you are lucky enough to live into your late 60's, you will likely be marking time because of smoking-related disability. Smoking will cheat you out of enjoying your retirement years and great-grandchildren.

### The choice is yours!

Let us at NEA Baptist Clinic help you live a full & healthy life.

### Ready to Quit?

The CDC provides Resources to Help You Quit Smoking

It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related

illnesses. There are many resources available to help you quit smoking, including quitlines, educational materials, Web sites, and support groups. You can also talk to your doctor about other strategies for quitting that may be right for you.

### Quitlines

For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call:

1-800-QUIT-NOW  
(1-800-784-8669)

1-855-DÉJELO-YA  
(1-855-335-3569)  
(en Español)

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)



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