

MyLife MyPlan - Staying Healthy

Reasons to Stop Using Tobacco

Physical, Mental, and Financial
Costs of Tobacco Use



Physical

Cigarettes contain a mix of over 7,000 chemicals, many that cause cancer, heart disease, and lung disease. Other tobacco products, such as e-cigarettes, hookah, and smokeless tobacco, contain some of these same chemicals!

Lungs

Smoking injures the airways and sacs of the lungs, which can lead to chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis. Smoking during pregnancy causes reduced lung function in infants.²

Mouth

Tobacco users have more periodontal or gum disease than nonsmokers. Smoking or using chew or dip can cause oral (mouth) and throat cancer, as well as cancer of the larynx and esophagus.

Brain

Smoking cigarettes and using other tobacco products is one of the major preventable causes of strokes.

Heart

Smoking stresses the heart by hardening the arteries, increasing blood pressure, and increasing risk of coronary heart disease.

Eyes

Smoking increases the chances of developing cataracts two to three times more than a nonsmoker.

For more information, visit
sentarahealthplans.com/quitsmoking

Mental

Nicotine is a habit-forming drug that draws you into a mental and physical partnership with tobacco products. The more you use, the more addicted you become. As you become more addicted, you develop habits that reinforce the role of cigarettes/tobacco in your daily routine.

Some smokers feel that smoking relaxes them. Actually, nicotine is a stimulant that offers a short-term effect. The effect wears off after about 20 minutes and the smoker then needs another pick-me-up.



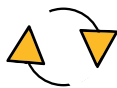
Financial

Have you ever thought about what money you would be saving if you weren't spending it on tobacco? Here is a look at what you could be saving over time if you spend eight dollars on a pack per day:

- in a week, you will save \$56
—that is dinner and a movie out with friends
- in one month, you will save \$240
—that is a new bike
- in one year, you will save \$2,920
—that is a vacation
- in 10 years, you will save \$43,716
—that is a new car
- in 20 years, you will save \$116,780
—that is a college tuition

Check out the My Quitting Savings worksheet and find out how much YOU could save!

Habits



Dependency

The more you use



The more addicted you become



The more you develop a habit that reinforces nicotine use in your daily routine

For more information, visit sentarahealthplans.com/quitsmoking



You can also scan this code with your smartphone camera or QR code reader app.

Sources:

¹ Chemicals in Tobacco Products and Your Health, U.S. Food & Drug Administration, 2020, <https://www.fda.gov/tobacco-products/health-effects-tobacco-use/chemicals-tobacco-products-and-your-health>

² Cigarette Smoking, Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/tobacco/about/index.html>