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Reasons to Quit Smoking

Lots of studies have been done about the benefits of quitting smoking. Decades of research have found several good reasons to quit, including health and financial benefits that can save lives and money. While it's best to quit as early in life as possible, quitting at any age can lead to a better health and lifestyle.

- [Quitting can make you look, feel, and be healthier](#)
- [Quitting can help you save money](#)
- [Quitting can improve self-confidence and lead to a better lifestyle](#)

Quitting can make you look, feel, and be healthier

- Using tobacco leads to disease and disability and harms nearly every organ of the body.
- Smoking is the leading cause of preventable death.
- Secondhand smoke is dangerous and can harm the health of your friends and family.

Quitting can help you save money

- Cigarettes and other tobacco products are expensive.
- The risk for getting colds and other respiratory problems is lower, meaning fewer doctor visits, less money spent on medicines, and fewer sick days off work.
- Cleaning and home repairs could cost less since clothes, furniture, curtains, and the car won't smell like tobacco.

Quitting can improve self-confidence and lead to a better lifestyle

- Not using tobacco products helps keep your family safe.
- You may have more energy, helping you have more quality family and leisure time.
- Quitting can set a good example for others who might need help quitting.
- Others will be proud of your progress and willpower to quit and stay quit.

Hyperlinks

1. smokingcessationleadership.ucsf.edu/

References

Smokefree.gov *Reasons to quit*. Available at <https://smokefree.gov/quit-smoking/why-you-should-quit/reasons-to-quit>. Accessed October 10, 2020.

US Department of Health and Human Services. *What you need to know about quitting smoking: Advice from the Surgeon General*. Available at <https://www.hhs.gov/sites/default/files/2020-cessation-sgr-consumer-guide.pdf>. Accessed October 10, 2020.

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Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as editors and translators with extensive experience in medical writing.

This content has been developed by the American Cancer Society in collaboration with the [Smoking Cessation Leadership Center](#)¹ to help people who want to learn about quitting tobacco.

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