

# Quit Smoking: The Best Choice for Your Health



**QUIT SMOKING TO AVOID CONSCIOUS OF THE HEALTH: We all be conscious of the health risks of smoking, then once more that doesn't make it any a lousy lot tons much less tough to kick the habit.**

by C. Pierce Salguero

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Smoking is one of the leading causes of preventable death in the United States. Every year, smoking kills more than 480,000 people in the United States, including more than 16 million people worldwide. Smoking is a major risk factor for cancer, heart disease, stroke, COPD, and other serious illnesses. It can also damage your skin, your teeth, and your overall health.

If you're a smoker, quitting is one of the best things you can do for your health. Quitting smoking can reduce your risk of cancer, heart disease, and other serious illnesses. It can also improve your breathing, your mood, and your overall quality of life.

## Benefits of Quitting Smoking

- **Reduced risk of cancer.** Smoking is a major risk factor for many types of cancer, including lung cancer, oral cancer, esophageal cancer, and pancreatic cancer. Quitting smoking can significantly reduce your risk of developing these cancers.
- **Reduced risk of heart disease.** Smoking is a major risk factor for heart disease, stroke, and other cardiovascular diseases. Quitting smoking can reduce your risk of developing these diseases by up to 50%.
- **Reduced risk of COPD.** COPD is a serious lung disease that can cause shortness of breath, coughing, and wheezing. Smoking is the

leading cause of COPD. Quitting smoking can reduce your risk of developing COPD by up to 90%.

- **Improved breathing.** Smoking damages the lungs and makes it difficult to breathe. Quitting smoking can improve your breathing and make it easier to exercise and enjoy other activities.
- **Improved mood.** Smoking can cause anxiety, depression, and other mood disorders. Quitting smoking can improve your mood and make you feel happier and more relaxed.
- **Improved overall quality of life.** Quitting smoking can improve your overall quality of life by reducing your risk of serious illnesses, improving your breathing, and boosting your mood.

## How to Quit Smoking

There are many different ways to quit smoking. Some people find it helpful to use nicotine replacement therapy (NRT), such as patches, gum, or lozenges. Others find it helpful to take medication, such as Chantix or Wellbutrin. Still others find it helpful to join a support group or talk to a therapist.

The best way to quit smoking is the way that works for you. If you're not sure where to start, talk to your doctor or a smoking cessation counselor. They can help you develop a plan to quit smoking that is right for you.

## Tips for Quitting Smoking

- **Set a quit date.** This will give you something to work towards and will help you stay motivated.

- **Tell your friends and family that you're quitting.** They can offer you support and encouragement.
- **Avoid triggers.** Identify the things that make you want to smoke and avoid them as much as possible.
- **Find a support group.** There are many support groups available for people who are trying to quit smoking. These groups can provide you with support and encouragement.
- **Don't give up.** Quitting smoking can be difficult, but it's worth it. If you slip up, don't give up. Just start over again.

Quitting smoking is one of the best things you can do for your health. It can reduce your risk of cancer, heart disease, and other serious illnesses. It can also improve your breathing, your mood, and your overall quality of life. If you're a smoker, quitting is the best choice you can make for your health.



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