Association of Scottish Police Superintendents

Smoking – Why quit?

Reasons for going smokefree

Every cigarette you smoke causes real harm and stopping can make a drastic improvement to your lifestyle and health. But what are your reasons for quitting?

Maybe you want to be healthier? Protect the health of your family and friends? Save money? Making a list of your reasons for going smokefree can help when you feel the urge to smoke. Keep the list to hand and take a look to remind yourself of your reasons whenever you crave a cigarette.

For your health: Quitting can help add years to your life. Smokers who quit before age 40 reduce their chance of dying too early from smoking-related diseases by about 90%. Those who quit by age 45–54 reduce their chance of dying too early by about two-thirds. By quitting, you will greatly reduce your chances of having cancer, heart attacks, heart disease, stroke, and other diseases. You will also breathe easier, cough less, feel fitter and reduce your blood pressure. Your sense of taste will return, your skin will look healthier and your teeth and fingernails won't be stained.

For your lifestyle: You will save money! Smoking is expensive and you might be surprised at how it all adds up. On average, most people who quit save around £250 each month. That's nearly £3,000 a year going up in smoke. You will enjoy the taste of food more and your clothes, car, and home won't smell of stale smoke.

For your friends & family: When you quit, you will be protecting your loved ones from dangerous secondhand smoke. More than 80% of secondhand smoke is invisible and odourless, so no matter how careful you think you're being, your family and friends still breathe in harmful poisons, putting them at risk of the same diseases as smokers, including cancer and heart disease. Breathing secondhand smoke increases a child's or an adult's risk of lung cancer by 24% and heart disease by 25%.

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