Every time you smoke, harmful chemicals and poisons are infused directly into your body. “Smoking harms nearly every organ in the body,” said Kimberly Freeman, RN, CDE, CIC, a certified tobacco treatment specialist and nurse clinician in the Diabetes Program at Mission Hospital McDowell. “Your body begins healing itself between cigarettes. You deserve to give yourself a fresh start this New Year.”

1. Smoking is the No. 1 preventable cause of lung cancer.
2. About 1 in 5 deaths from heart disease is caused by smoking.
3. Tobacco use increases blood sugar levels and leads to diabetes.
4. Tobacco smoke contains dozens of cancer-causing agents and poisons.
5. Tar from cigarettes coats your lungs, making them work harder.
6. Smoking makes blood thicker, increasing your risk for stroke.
7. Women smokers are 4 times as likely to have a life-threatening ectopic pregnancy.
8. Smoking damages blood vessels and leads to erectile dysfunction.
10. Smokers have high levels of carbon monoxide in their blood, starving their body of oxygen.

5 Things to Look Forward to When You Quit

- **Higher energy**
  Smoking puts chemicals and oxygen-depleting poisons in your system, and when those are cleared away, you’ll notice an energy boost.
- **Better tasting food**
  Everything you eat will taste amazing as your taste buds wake up. The chemicals in smoke have dulled your taste buds.
- **Easy breathing**
  When you stop smoking, your lungs will help sweep out the tar and chemicals. Coughing may increase temporarily as your body rids itself of dangerous chemicals.
- **Better skin tone**
  When you stop, your body and skin will get the nutrients they need and you may look younger.
- **Being a role model**
  Hold your head high as you set an example in your home for clean living.