PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Need a Reason?

What is your reason to quit tobacco? There are tons of reasons!

Your Wallet:

Tobacco is expensive! Wouldn't you rather buy new clothes or a new video game?

Your Appearance:

Smoking causes more wrinkles and your skin to age faster. It also causes your hair, breath and clothes to stink.

Your Brain:

Nicotine reaches your brain fast! It makes you feel good when you are smoking, but it also can make you feel nervous, dizzy, moody and depressed after you stop smoking.

Your Skin:

Smoking causes your skin to become dry and yellow and gives you wrinkles. The smell also sticks to your skin and leaves you smelling gross all day.

Your Mouth:

Tobacco stains your teeth and gives you bad breath. It also destroys your taste buds so food won't taste as good as it did before you started smoking. Chewing tobacco can also cause bleeding gums, cavities, gum disease, and mouth and throat cancer.

Your Heart:

Smoking causes your heart to beat faster and your blood pressure to increase. This makes it harder for you to exercise or play sports.

Your Lungs:

Smoking causes damage to your lungs so you will find it's more difficult to breathe. Do you like skateboarding? Soccer? Swimming? Dancing? These activities will all be more difficult to do when you are using tobacco. If you have asthma, you will have more frequent and more serious asthma attacks. It is also well known that smoking causes lung cancer.

Your Muscles:

Less blood and oxygen flows to your muscles which causes them to hurt more when you exercise or play sports.