PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Top 10 List:

Which of the following points below would assist you to consider thinking about becoming tobacco-free? (Rate the following from 1-10. #1- most important reason and #10- least important reason)

_____Reduced sense of smell

_____Cancer-causing agents entering your lungs

_____Acne and sores take longer to heal

_____Smells bad

_____Persistent cough

_____Expensive addiction

_____Decreased ability to exercise and play sports

_____Yellow teeth, yellow fingers, and wrinkles

_____Hardening of blood vessels in the heart and brain

_____Increased chance of heart attack or stroke

Most Important_____

Why?_____

Least Important _____

Why?_____

Top 10 List: Identify your own reasons to be tobacco-free.

List them here:

1)._____

2)._____

3)._____

4)._____

5)._____

6)._____

7)._____

8)._____

9)._____

10)._____