

# 10 reasons to stop smoking

1. Smoking ages the skin prematurely
2. Teeth and fingers get stained brown with nicotine
3. Makes hair clothes and breath stink
4. If you smoke 20 cigarettes a day it costs you approximately €3000 a year to feed your habit
5. Smoking makes you 10 times more likely to die early from a major heart attack or stroke
6. 9 out of 10 lung cancer deaths are as a result of smoking
7. Male smokers have a lower sperm count and more abnormal sperm than nonsmokers
8. Female smokers have more trouble getting pregnant than nonsmokers and also have a higher rate of miscarriages during pregnancy.
9. If you smoke regularly for a long time you may get a disease called "peripheral vascular disease" this disease cause narrowing of the blood vessels which restricts blood flow to the hands and feet, leading to gangrene and the amputation of limbs.
10. If you don't smoke you'll be fitter, have greater stamina and get a lot more enjoyment out of life!