

Why Stop Smoking?

Pre-reading

Questions:

- Why should smokers stop smoking?
- How does smoking affect you?

Definitions:

- Enhance – to make better



Reading

18 Pam is a 42 year-old mother of two teenage children. She has smoked almost two packs of
38 cigarettes a day for over 25 years. Her kids have asked her to quit many times. Two years ago she
54 started smoking outside. She knew second-hand smoke was not good for her children. She also
70 knew smoking was not good for her own health, but she was not ready to quit.

70 Two months ago Pam's daughter came home from school with a brochure from the American
85 Cancer Society. This information changed Pam's outlook on smoking. Pam discovered that she
98 was not doomed to a life of smoking-related illnesses. Her body could recover. The sooner she
115 stopped smoking, the sooner her body could rid itself of the harmful effects of tobacco.

130 The following information convinced Pam to stop smoking. The changes that take place in
144 the body when a person stops smoking are:

- 152 • Within 20 minutes your blood pressure drops to normal. Your pulse rate also drops
166 to a normal rate. The body temperature of your hands and feet increases to normal.
- 181 • Within 8 hours the oxygen level in your blood increases to normal.
- 193 • Within 24 hours your chance of a heart attack decreases.
- 203 • Within 48 hours your nerve endings start regrowing. Your ability to smell and
216 taste is enhanced.
- 219 • Within 72 hours your breathing is easier. Your lungs are functioning better.
- 231 • Within 1 to 9 months coughing and shortness of breath decreases. Your lungs
244 are healthier and cleaner.
- 248 • Within 10 years your chances of dying from lung cancer drops to 12 in 100,000 –
263 almost the rate of nonsmokers. Your risk of all other cancers also decreases.

276 Pam has experienced other **benefits** from quitting smoking. She now has fresher breath and
290 her teeth look whiter. She feels more in control of her life. She does not have to worry where or
310 when she'll be able to have a cigarette.

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Source: "More reasons to quit smoking," [Ask Dr. Wallace](#); West Central Tribune – Willmar, MN, January 2004.

Level 5.5

Understanding

1. Why did Pam stop smoking inside her home? _____

2. Who wrote the brochure on smoking related information? _____

3. What is a **benefit**? _____

4. When did Pam start smoking? _____

5. What are some extra benefits Pam has experienced from quitting smoking? _____

6. How does tobacco affect the senses of taste and smell? _____

7. What “change in the body that takes place when you stop smoking” surprised you the most? Why?

8. Why did Pam stop smoking? _____

Writing

Option A: In your own words, write about what you learned about quitting smoking.

Option B: Write about your own experience with smoking. Have you or someone you know tried to quit? How and why?
