



Why Quit Tobacco?

Overcoming tobacco dependence is extremely challenging. List below the reasons for why quitting or continuing tobacco could be beneficial or harmful to you.¹

	Reasons for Quitting Smoking	Reasons for Continuing Smoking
Benefits	Ex: Save money 1) 2) 3) 4)	Ex: Helps me deal with stress 1) 2) 3) 4)
Risks	Ex: It is difficult to quit 1) 2) 3) 4)	Ex: Helps in staying healthy 1) 2) 3) 4)

How Much Will You Save By Quitting Tobacco?²

Quit & Save	
How much money can you save if you quit?	
Total money spent on tobacco per day	
Amount of money spent per month	
Amount of money spent per year	
Amount of money spent in 10 years	
What you can buy with the money saved?	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	

Talk to your Dentist today about the harmful effects of tobacco and different tools that will assist you in overcoming tobacco dependence.

Adapted from: 1. Centre for Addiction and Mental Health. Counsellors' Manual for Commercial Tobacco. 2011. Available at <https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/KnowledgeTransfer-Exchange/IT%27S-TIME/6.%20Counsellors%27Manual%20for%20Commercial%20Tobacco%20Cessation%20Treatment.pdf> Accessed on 18 Jan 2019. 2. WHO. Toolkit for delivering the 5A's and 5R's brief tobacco interventions in primary care cessation treatment. Available at http://apps.who.int/iris/bitstream/handle/10665/112835/9789241506953_eng.pdf?sequence=1 Accessed on 18 Jan 2019.