

WHY SMOKERS SHOULD QUIT...

(The Non-Medical Side of it)

(And Don't argue you were not warned ...)



Smoking *'allows you
to handle stress',
that one 'can think
better' (daw) when
they smoke, etc...*

Fact: The addiction

one gets from

Smoking is NO

DIFFERENT from

those of cocaine and

other dangerous

drugs.

**(And this the cigarette companies don't
tell you ...)**

**BUT, is there any
— difference between
smoking, cocaine
and other **dangerous
drugs?****

OF COURSE!

**Smoking is
street-legal.**

(The others are not)

**That gives you the liberty to
use it, FREELY.**

NICE.

**If smokers are told they
already have CANCER,
they quit suddenly – with
NO withdrawal signs!**

**So, is Dependency just on top of your head
controlling your mind-set...? Hmmn ...**

**Those hotel signs “Smoking
is NOT allowed here. There
are areas provided for you
blah-blah...”?**

?Did Cigarette manufacturers spearhead them?

They practice the virtue of
“keeping the hen (YOU)
that lays the Golden eggs
(THE MONEY YOU PAY
FOR KEEPING THE HABIT)

(Please tell us this is wrong notion.)

Confined? **Your co-smokers**
will perhaps bring you
ensaymada and Get-Well-Soon
cards... That's it.

Don't expect them to **share in**
your hospital bills!

Now, time to pay the hospital.

YOUR SMOKING PALS

(the one you call *'friends'*)

**WON'T BE THERE WHEN MR.
PHILIP MORRIS collects the
'dues'.**

**Try borrowing some
— bucks for your
hospital deposits —**

**and hear their
excuses in a FLASH!!**

Neither Marlboro nor Philip
Morris nor Benson & Hedges
— will stand up for you to ...

- ✓ Sponsor your medicines, or
 - ✓ Subsidize your confinement, or
 - ✓ Accept application for refund.
 - ✓ Nor do they offer health loans.
- ✓ **When you get sick, they leave you
ALONE.**

Can we call it PART Way SHIP?



It costs P20,000-25,000
per DAY in an **ICU** for
smoker patients go
into breathing failure..

Going home and home meds is another
looonnnger story ...

✓ So , if one has **~P500k** to spare for a **2-week ICU** confinement while his/her lungs are down, do we conclude

“IT IS OKAY TO SMOKE ...”?

Active smokers have filters
in their cigarettes.

Second hand smokers (yung mga
nakiki-amoy lang) **DON'T have one.**

**(and you think you are less exposed?
Think again.)**

**Cancer-causing / toxic
chemicals are higher in
2ndhand smoke than in
the smoke inhaled by
smokers.**

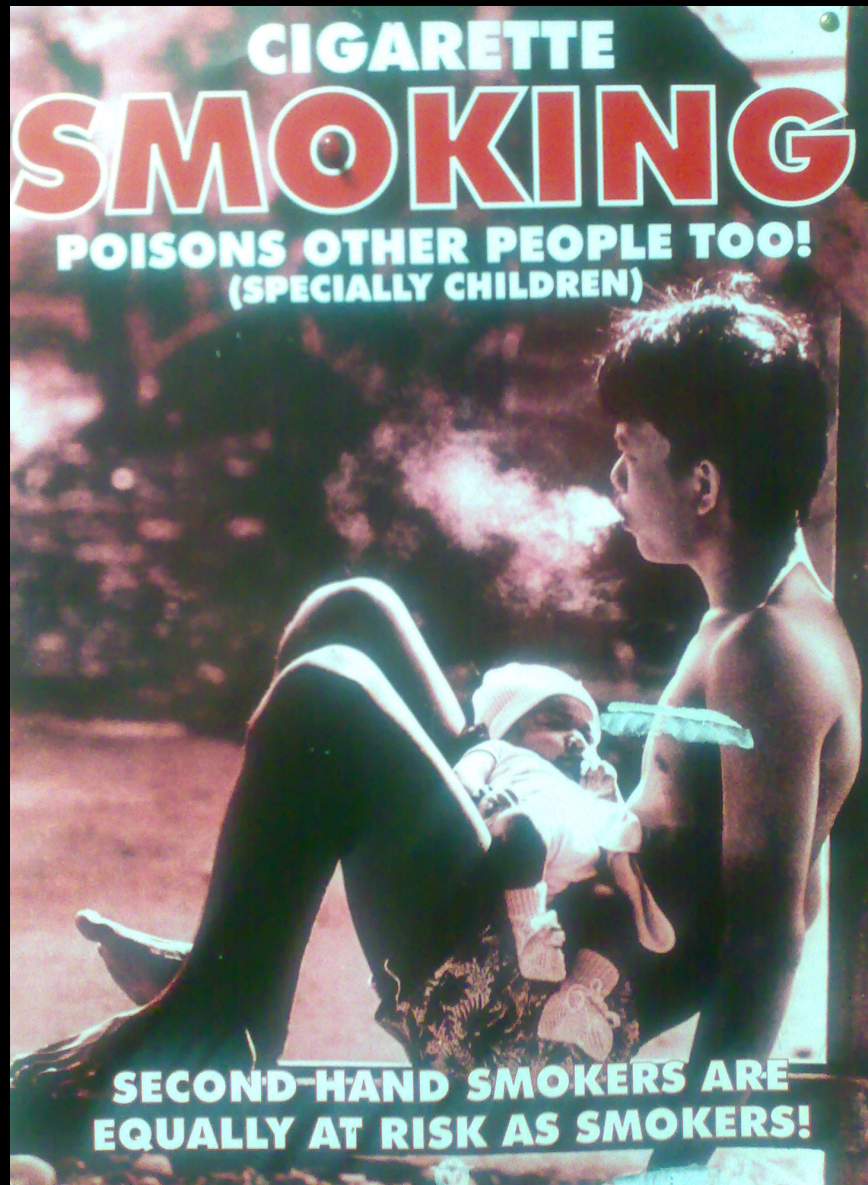


And now comes, the **THIRD
HAND SMOKE.**

- ✓ tobacco smoke residues, found on everyday surfaces, react with a common indoor air pollutant, nitrous acid, to form cancer causing chemicals

✓ January 2010 –Lawrence Berkeley
National Laboratory, CA, USA

There is **NO**
risk-free
level of
exposure to
secondhand
smoke.
Period.



AND, **IF you pass away** at an
early age, and you've got a
GREAT spouse, they may just
pack your old things ...

and replace you like worn-out
tires ...

AND ENJOY WHAT YOU HAVE LEFT ...!

It's called

'LOVE'

***"till do death do
us part"***

**Life goes on ... the
lovable spouse you
leave behind marries
~~again ...~~**

**the new spouse
feasts on what you
leave behind**



... the home you built ...
...the money you saved...
... the child you love...

Including

the spouse you left behind...

...Is that what you like?

Of course, before you die
from smoking, the habit will
be a source of frequent
'discussions'

with your spouse -
some light ...
some not-so-light....

Some discussions
end up in quarrels -
some inside the
house, others happen
outside the house.

... Some in front of business partners and friends

- ✓ **S**-moking wrecks your health, ... give lung cancer to your spouse, and make your child asthmatic.
- ✓ **M**-ake use of all your wealth to save your wrecked health. Voila!
- ✓ **O**-bituary page guaranteed and your P500,000 is also gone is 2-3 weeks for the acute care. Home care , if you survive, is extra ...)
- ✓ **K**-ill yourself and poison your family too by involuntary smoke.
- ✓ **E**-njoy the smoke and let your spouse's new partner enjoy your spouse and ALL what you have left. Call it LOVE.
- ✓ **R**-estoration of health failed.

**SMOKING IS A
DECISION.**

✓ **QUITTING IS,
TOO.**

**If you think these
thoughts make sense,**

**... there are medications
to help you quit. Ask
your doctor about it.**

Quitting the habit may
~~be~~ be best handled in a
T.E.A.M.* approach,

... You **MUST** tell your officemates,
and other people around you that
you **ARE** Quitting – and you need
their help ...

T-together E-veryone A-chieves M-ore

Just a thought.



This presentation is downloadable from
<http://drjunmac.synthasite.com>