

Smoking is tough to give up at any age, especially those for whose smoking habit is decades long. But no matter your age, there is always a dramatic benefit to your health when quitting smoking.

Smoking at any age can cause serious health problems. These problems can include:

- Lung, larynx and many more cancers
- Weak and brittle bones such as osteoporosis
- Cardiac conditions, such as heart disease and heart attack
- Frequent respiratory infections, like pneumonia and more serious complications from the flu
- Respiratory damage that leads to persistent bronchitis, emphysema and difficulty breathing

Why quit smoking?

The minute you put down your cigarettes, your body begins to recover and heal from the damage.

When you quit smoking you can look forward to:

- Tasting and smelling things more vibrantly
- Reducing your risk of cancer and heart attack
- Having fewer respiratory problems
- Improving your circulation
- Exercising more easily and enjoying it more because it's easier to breathe

Help for quitting smoking

Quitting takes a long of determination and hard work. Here are some tips to help you quit smoking once and for all.

- Consider aids to help you quit such as nicotine gum or patches
- Seek support from a family member, friend or support group
- Have something to look forward to after a meal or at other times you would typically smoke
- Keep your hands and body busy – go for walks