

Talk to your doctor about...

# why you want to quit smoking

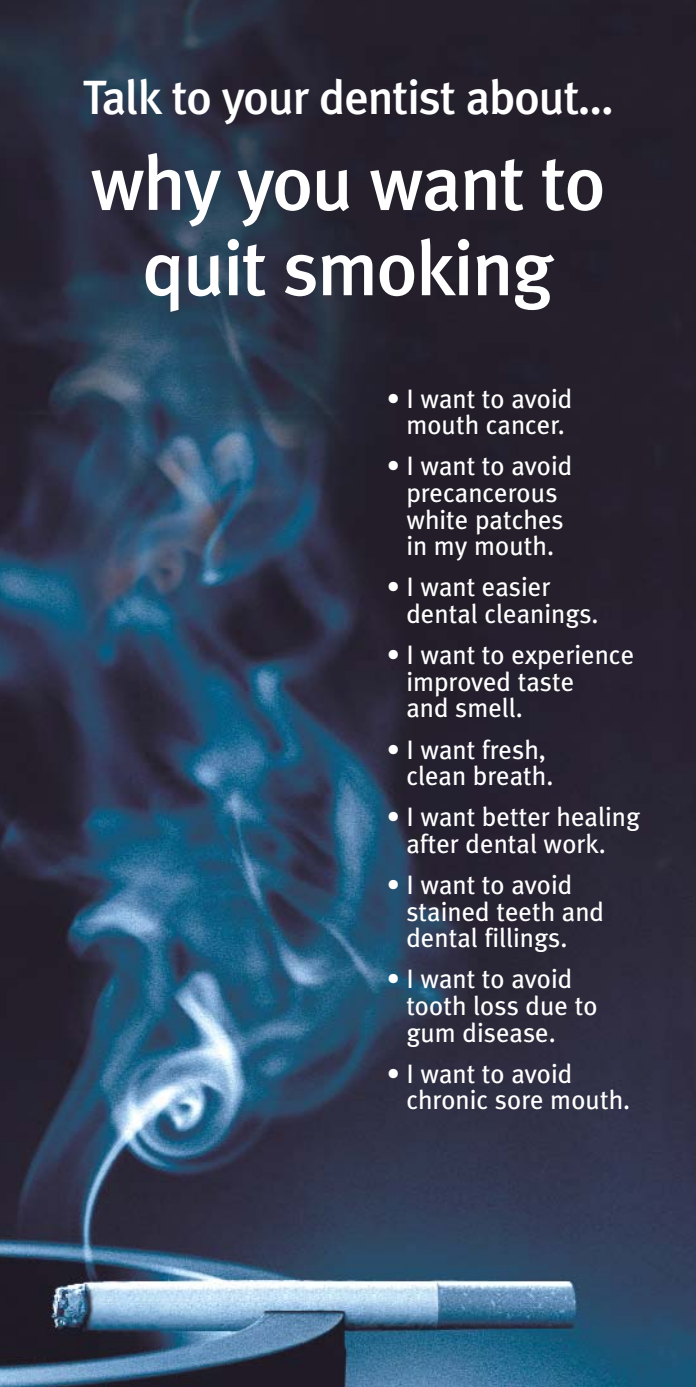
- I want to reduce my chances of getting lung cancer and other lung diseases.
- I want to reduce my chances of having a heart attack or stroke.
- I want to see my children and grandchildren grow up.
- I want to protect my loved ones from second-hand smoke.
- I want to have fewer coughs, colds and earaches.
- I want to have better smelling clothes, hair, breath, home and car.
- I want to be able to climb stairs and walk without getting out of breath.
- I want to be able to enjoy the taste of food.
- I want to save thousands of dollars.

If you have a reason to quit, talk to your doctor.

For doctors. For health. For you.  
**Doctors**  
Nova Scotia

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Nova Scotia  
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Talk to your dentist about...

# why you want to quit smoking

- I want to avoid mouth cancer.
- I want to avoid precancerous white patches in my mouth.
- I want easier dental cleanings.
- I want to experience improved taste and smell.
- I want fresh, clean breath.
- I want better healing after dental work.
- I want to avoid stained teeth and dental fillings.
- I want to avoid tooth loss due to gum disease.
- I want to avoid chronic sore mouth.

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