

# Tobacco and Nicotine: Why Should You Quit?

## Appearance

### Quitting

- Reduces bad breath, stained teeth, yellowing of nails, and premature wrinkles
- Slows visible aging



## Respiratory Health

- Coughing decreases after quitting
- Shortness of breath improves in 1-9 months



## Mental Health

- E-cigarette/vape use is linked to depression and mood changes
- Quitting can promote more stable emotions and well-being



## Oral Health

- Smokeless Tobacco can cause:
  - Gum Disease
  - Tooth Decay
  - Tooth loss
  - Leukoplakia (white/gray patches that can lead to cancer)



## Financial Benefits

- Quitting can save money on tobacco/nicotine products
- Healthcare expenses will decrease



**FRESNO STATE**

Bulldogs Involved in Tobacco  
Endgame Research

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