



What does smoking cost you?

# OF PACKS PER DAY	1 DAY	1 MONTH	1 YEAR	5 YEARS	10 YEARS	20 YEARS
½ pack	\$4.00	\$120.00	\$1,460.00	\$7,300.00	\$14,600.00	\$29,200.00
1 pack	\$8.00	\$240.00	\$2,920.00	\$14,600.00	\$29,200.00	\$58,400.00
1 ½ packs	\$12.00	\$360.00	\$4,380.00	\$21,900.00	\$43,800.00	\$87,600.00
2 packs	\$16.00	\$480.00	\$5,840.00	\$29,200.00	\$58,400.00	\$116,800.00
2 ½ packs	\$20.00	\$600.00	\$7,300.00	\$36,500.00	\$73,000.00	\$146,000.00

As a smoker you are robbing yourself and your family of thousands of dollars. Your retirement is going up in smoke. If you need extra cash right now, cutting out cigarettes will deliver instant results.

Other costs associated with smoking not included in chart above:

- Increased insurance and healthcare costs
- Increased family healthcare costs due to secondhand smoke inhalation
- Car cleaning to get rid of the smell of smoke at trade-in
- House cleaning costs (i.e. carpets and walls)
- Teeth cleaning and whitening to remove stains and tooth decay
- Burns in clothing/dry cleaning for smoke-filled clothes
- Cold remedies
- Increased security deposit and monthly payment for rent
- Increased vet bills for pets due to secondhand and thirdhand smoke inhalation
- Facial creams and moisturizers to slow down increased aging
- Sleeping aides to avoid the mid-night nicotine craving wake-up
- Perfumes, colognes and air-fresheners to cover up the smell of smoke
- Breath mints and gum
- Time off work for illness, lost productivity and possible termination
- Reduced wages/salary—employers legally discriminate against smokers
- Decreased home and car value
- Gas money for trips to the store for cigarettes

You can quit smoking. We can help. For more information about the American Lung Association's **Freedom From Smoking**® tobacco cessation program, visit Lung.org/ffs or call the Lung HelpLine at **1-800-LUNGUSA**.