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Myths That Keep You Smoking

Seven untrue reasons why maybe that friend of yours or maybe even you haven't quit smoking yet. Find the top seven reasons smokers won't stop smoking, and how to fix them here.

Smokers hang on to a variety of myths that ultimately keep them addicted. The fact is that there's no good reason to keep puffing. Any way you look at it, [tobacco](#) causes multiple types of cancer, [heart disease](#), [cataracts](#) and [pneumonia](#), and shaves years off your life. Every year, nearly 450,000 Americans die of tobacco-related illness. Fortunately, research has conclusively shown that smokers can successfully quit with proper treatment, from [behavioral therapy](#) to nicotine replacement systems to [medications](#). To debunk the common myths that keep smokers smoking, we spoke to Iyaad Hasan, medical director of the [Cleveland Clinic Tobacco Treatment Center](#).

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