



Breathe Easy

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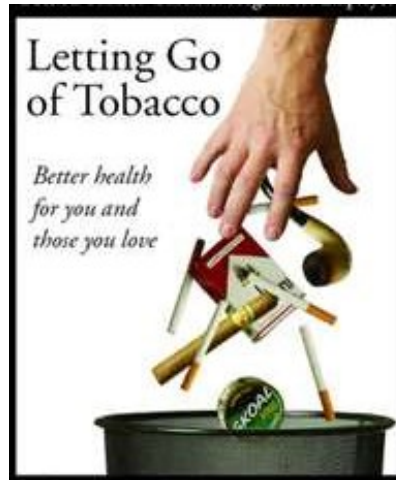
Benefits of Quitting

While 2013 comes to a close our thoughts turn to a new year. Possibly your thoughts are starting to conjure up a picture in your mind of a new "you."

What can I do to make 2014 a better year for my health?

To stop smoking or using tobacco products could be the single most important change you can make. The changes to your body are almost instant.

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.



20 Minutes After Quitting

Your heart rate drops.

12 Hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.

Your lung function begins to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker.

5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.

Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a non smoker's.

FAST FACTS

Compared to
Smokers, Your...

- ◆ Stroke risk is reduced to that of a person who never smoked after 5 to 15 years.
- ◆ Cancers of the mouth, throat and esophagus risk are halved 5 years after quitting.
- ◆ Coronary heart disease risk is cut by half 1 year after quitting and is nearly the same as someone who is never smoked 15 years after quitting.
- ◆ Cancer of the larynx risk is reduced after quitting.
- ◆ Lung cancer risk drops by as much as half 10 years after quitting.
- ◆ Bladder cancer risk is halved a few years after quitting.
- ◆ Ulcer risk drops after quitting.
- ◆ Cervical cancer risk is reduced a few years after quitting.
- ◆ Low birth weight baby risk drops to normal if you quit before pregnancy or during your first trimester.

1-800-QUIT NOW

Source: Centers for Disease Control and Prevention. Tobacco Information and Prevention Source