



Breathe Easy

Doctors Direct Healthcare

www.doctorsdirecthealthcare.net

910-425-0510 877-503-0388

Taking a Deep Breath

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Most adults take 16-20 breaths a minute. That's approximately 1,100 breaths an hour, and 26,000 breaths in twenty four hours.

Our respiratory system brings oxygen into our body from our environment. The lungs transfer the oxygen we breathe in to our blood which gives our organs the fuel they need to maintain our life.

Our lungs are vulnerable to the quality of air we breathe. When we breathe in germs, or toxins like tobacco smoke we are damaging the delicate tissue in our lungs that can hamper or even block the oxygen flow. Keeping our lungs clean and free of environmental toxins is

important to maintaining a healthy lifestyle.

The Center for Disease Control, (CDC) has recently reported that we now have 46.6 million adults in the United States that smoke, and 88 million people who are nonsmokers but are exposed to secondhand smoke. That number is high considering all the public places that have banned smoking in the last few years.

Think about your family and friends who you are around when you smoke. You are endangering your children and/or grandchildren just by smoking in the same environment they are living in.



Just by reducing the number of times a day you smoke you can increase your life span and the life span of others around you.

FAST FACTS

443,000 Americans die of smoking or exposure to secondhand smoke each year.

Even occasional smoking is harmful, and the best option for any smoker is to quit completely.

Why Quit?

Every smoker has his or her own personal reasons for quitting or wanting to quit. Here are some common reasons.

LIVE HEALTHIER!

When you quit smoking you increase the length and quality of your life. Your body is amazing! As soon as you quit, your body begins to repair the damage caused by smoking.

SAVE MONEY!

The cost of everything is going in one direction, UP! It's getting more expensive to smoke cigarettes. The state and federal cigarette taxes continue to go up. Did you know that in some states a pack of cigarettes can cost \$10.00? Maybe in your state a pack is just \$5.00 but if you smoke one pack per day that adds up to \$1,825.00 each year. WOW!

STOP The AGGRAVATION!

It's getting less convenient to smoke. More and more states and cities are passing clean indoor air laws that make it illegal to smoke in public places. Are you tired of having to go outside many times a day to have a cigarette? Is standing in the cold and the rain really worth having that cigarette?

SAVE THE LIVES OF OTHERS!

It's good for the people around you! Secondhand Smoke is dangerous for everyone. Not just the smoker. Children who live with smokers get more chest colds and ear infections while babies born to mothers who smoke have an increased risk of premature delivery, low birth weight and sudden infant death syndrome (SIDS).