

## Top 10 Reasons to Quit Smoking

1. Reduce chances of having a heart attack or stroke.
2. Reduce chances of getting lung cancer, emphysema, and other lung diseases.
3. Have better smelling clothes, hair, breath, home and car.
4. Climb stairs and walk without getting out of breath .
5. Fewer wrinkles.
6. Free of morning cough.
7. More energy to pursue physical activities you enjoy.
8. Save over \$2,000 a year .
9. Reduce the number of coughs, colds and earaches your children will have.
10. Have more control over your life..



### The Heart Care Group, P.C.

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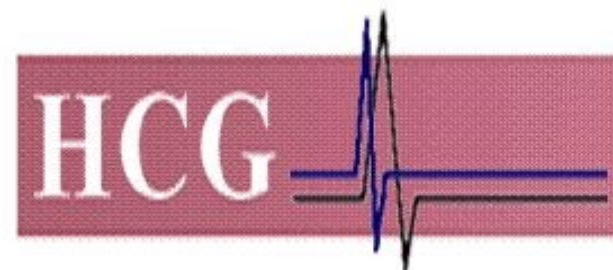
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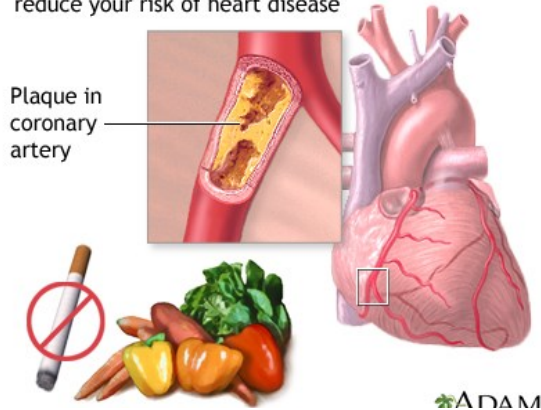
# IT'S NEVER TOO LATE TO STOP SMOKING

Quitting takes a lot of hard work and effort, but the reward can be a longer more satisfying life.



The Heart Care Group, P.C.

Quitting smoking, a healthy diet and exercise may reduce your risk of heart disease



## Did you Know

- Every day over 1,200 people die from smoking. That's 443,000 people per year. In two years that's like losing the entire population of the Lehigh Valley.
- Cigarette smoking accounts for at least 30% of all cancer deaths.
- Smokers are about six times more likely to die from heart attack as non-smokers.
- Each day in the US, about 3,900 young people between the ages of 12 and 17 smoke their first cigarette. Each day about 1,000 young people become daily smokers.
- Babies born to women who smoke during pregnancy have about 30% higher odds of being born prematurely and are more likely to be born with low birth weight.
- A pack of cigarettes cost about 5 cents to make: yet most smokers spend well over \$6 per pack in the state of Pennsylvania. .

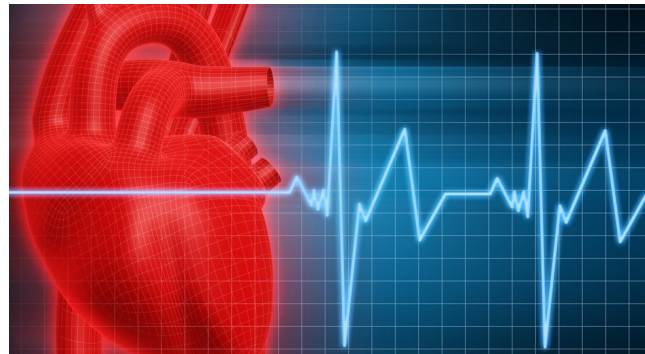
The good news is that people are able to quit every day and you can too! When you stop smoking your body begins to repair itself immediately.

## It's Never Too Late to Stop Smoking

AFTER <i>QUITTING</i>	BENEFIT
20 MINUTES	Blood pressure returns to normal ♥ Heartbeat stabilizes
8 HOURS	Oxygen level in your blood increases ♥ Mucus begins to clear out of your lungs making breathing easier.
48 HOURS	Sense of smell and taste improves ♥ Chances of heart attack decrease.
3 MONTHS	Circulation improves ♥ Immune system improves.
9 MONTHS	Sinus congestion, wheezing, shortness of breath and phlegm production decreases ♥ Lung function improves.
1 YEAR	Risk of dying from a heart attack is cut in half.
5 YEARS	Stroke risk is reduced to the same as a non-smoker.
10 YEARS	The chance of getting lung cancer is cut in half.

If a person smokes, he/she stands at a risk of contracting numerous health hazards. Smoking a cigarette results in narrowing of arteries; this in turn restricts full force of blood to be carried out throughout the body. Heart muscles work hard to pump out blood which puts pressure on the same and this results in a person having a sudden heart attack or stroke. Apart from this, smoking also causes long-term illnesses and terminal illnesses. Cancer of the lungs, liver, throat, mouth and bladder are caused by smoking. Smoking also has the potential to cause infertility in men and cervical cancer in women. Not only active smoking, even passive smoking has been considered as a major factor behind causing health complications in smokers.

Smokers often complain that family members drive them crazy asking them to quit smoking. There is a reason behind this prodding - if you quit smoking, you can lead a healthier and longer life. There are also certain medications which can help you curb the urge for a smoke. Ask your health care provider for more information.



### Contact Us

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