



RECEIVED
OCT 10 1997

M.D./alert® Tips

Health Tips for Patients

After You Stop Smoking . . .

No matter how long you have been smoking, your body begins to repair itself *as soon as you quit!*

- ◆ **20 Minutes:** Your blood pressure, heart rate and the temperature of your hands and feet become normal.
- ◆ **8 Hours:** Oxygen and carbon dioxide levels in your blood become normal.
- ◆ **1 Day:** Your risk of heart attack begins to decrease.
- ◆ **2 Days:** Your sense of smell and taste improves. Nerve endings start to regrow. Mucus in your airways begins to break up and clear out of your lungs.
- ◆ **2 Weeks – 3 Months:** Your circulation becomes better and breathing improves; it becomes easier to walk.
- ◆ **1 – 9 Months:** Coughing, sinus congestion, shortness of breath and fatigue decrease and you have more energy.
- ◆ **1 Year:** *Happy Birthday!* Your excess risk of heart disease is now less than half what it was a year ago!
- ◆ **5 Years:** Your risk of cancer of the lung, mouth, throat and esophagus is half that of a pack-a-day smoker.
- ◆ **10 Years:** Your risk of dying of lung cancer is now similar to non-smokers'. Precancerous cells have been replaced.
- ◆ **15 Years:** You are at no more risk of heart disease than if you never smoked.

For more information about
quitting smoking . . . ask your doctor!