

McLaren Print System Order

Order No: 80486
 Order Date: 2023-10-15
 User: Graphics Dept
 Phone:

Ship Location: McLaren Lapeer Attn: Shawna Carpenter
 1375 N Main St xxxx
 Lapeer, MI 48446

Form
 Quantity: 500
 Paragon Dept No: 13340
 Dept Name: Behavioral Health
 Company Number:

Order Total Price: 96.25

Item Number: MHCC-618-MNM
 Item Description: SMOKING CESSATION Flyer
 Revision Date: 04/2023
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Poster:
 Misc Info: 8.5 x 11, SS, 80# Offset Text



WHY SHOULD I QUIT NOW?

- Smoking may slow your recovery from illness. It may also slow bone and wound healing.
- All hospitals in the United States are smoke free. You will be told NOT to smoke during your hospital stay.

HOW DO I QUIT IN THE HOSPITAL?

- Talk to your doctor or other hospital staff about a plan for quitting. Ask for help right away.
- Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

HELPFUL HINTS TO STAY QUIT

- Ask your family and friends for support.
- Continue your quit plan after your hospital stay.
- Make sure you leave the hospital with the right medicines or prescriptions.
- If you "tip" and smoke - DON'T GIVE UP! Set a new date to get back on track. If you're still smoking, call the quitline 1-877-448-7233.

1-800-QUIT-NOW (1-800-784-8686)

U.S. Department of Health and Human Services
 Public Health Service, 2012-2013

WHAT HAPPENS WHEN A SMOKER QUITST? A 15 YEAR TIMELINE

20 MINUTES
 Your heart rate and blood pressure drop. Temperature in hands and feet increase to normal.

12-48 HOURS
 The carbon monoxide level in your blood drops to normal. Oxygen levels in blood increase to normal. Nerve endings start regrowing and the ability to smell and taste is enhanced.

2-3 WEEKS
 Your circulation improves and your lung function increases. Walking becomes easier.

1-9 MONTHS
 Coughing and shortness of breath decreases. Begin to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1 YEAR
 The excess risk of coronary heart disease is half that of a continued smoker's risk.

5 YEARS
 The risk of cancer from mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker in 3-5 years.

10 YEARS
 The risk of dying from lung cancer is about 50% of a person who is still smoking. The risk of cancer of the larynx (throat) and pancreas decreases. Pneumonia cells are replaced.

15 YEARS
 The risk of coronary artery disease is that of a non-smoker.

Spec Info: