

McLaren Print System Order

Order No: 80497
 Order Date: 2023-10-15
 User: Graphics Dept
 Phone:

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

Brochures
 Quantity: 200
 Paragon Dept No: 13340
 Dept Name: Behavioral Health
 Company Number:

Order Total Price: 38.50

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 (1-800-784-8663)

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

WHAT HAPPENS WHEN A SMOKER QUIT?
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: