

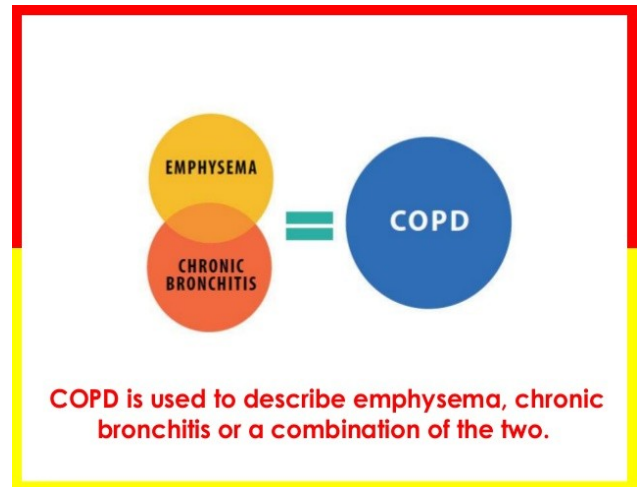
Hello New Year, Bye-bye Old Habits



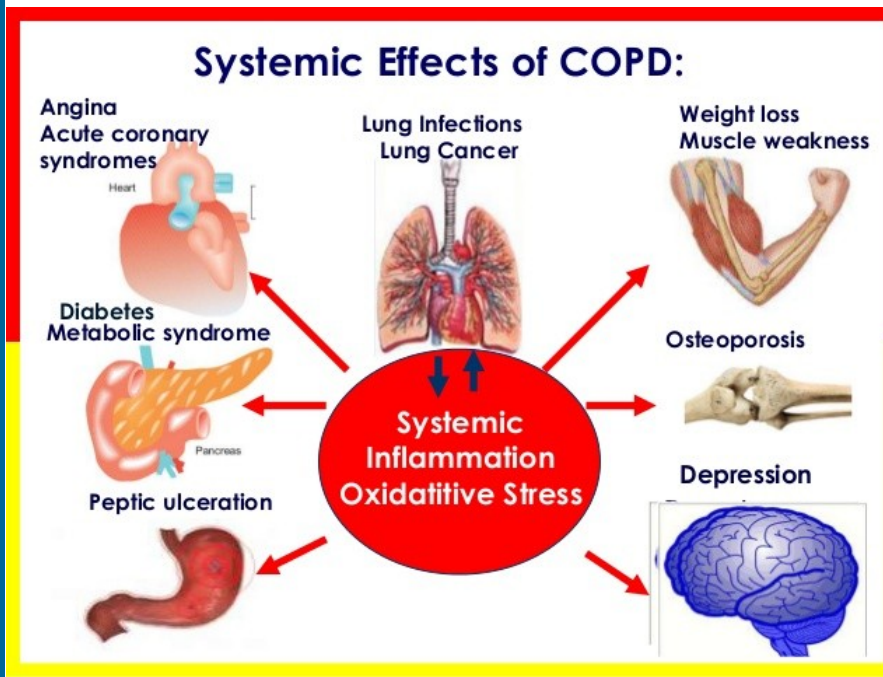
January 2018
Volume 2, Issue 1

What is Chronic Obstructive Pulmonary Disorder (COPD)?

A serious lung disease that limits the air flow and permanently alters the lungs. The airways in the lungs are constantly narrowed. Chronic inflammation creates difficulty breathing and does not allow for enough oxygen to get into the body and carbon dioxide to leave the body. COPD patients report they are “hungry” for air. COPD is a progressive disease. Symptomatic treatment is available. COPD is potentially preventable with proper precautions and avoidance of precipitating factors. Most COPD is caused by smoking. Other possible causes are low levels of the AAT protein, genetic, pollution and infections.



Chronic Obstructive Pulmonary Disorder (COPD) can lead to....



Chronic Obstructive Pulmonary Disorder (COPD) Statistics :

- 24 million Americans have COPD
- COPD is the 3rd leading cause of death in the US
- Woman are more than 2x more to get COPD than men
- 31.2% ages 18-44, 44.5% ages 45-64 and 24.3% ages 65 and older have chronic bronchitis
- 7.5% ages 18-44, 42.2% ages 45-64 and 50.3% ages 65 and older have emphysema

KICK THE HABIT!

The best way to prevent COPD is to never start smoking, and if you smoke, quit. Smoking accounts for as many as 8 out of 10 COPD related deaths.

Smoking during childhood and teenage years can slow how lungs grow and develop. This can increase the risk of developing COPD in adulthood. Also, staying away from secondhand smoke, which is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.

For those who smoke, smoking cessation is key in becoming healthier and preventing COPD. While many people quit smoking by the "cold turkey" method, this is not easy and is often associated with short term effects such as weight gain, irritability and anxiety. There are many alternative methods such as:

- Step-step manuals
- Counseling
- Support quit lines such as 1-800-QUIT-NOW
- Support groups
- Nicotine replacement therapy
- Prescription medications
- Products that assist in reducing nicotine

For more information:

1. <https://smokefree.gov>
2. health.ny.gov/quitsmoking
3. National Network of Tobacco Cessation Quitlines
Toll free hotline: 1-800-QUITNOW (1-800-784-8669)
TTY: 1-800-332-8615
4. [American Cancer Society](http://AmericanCancerSociety.org)
Toll-free hotline: 1-800-ACS-2345



BENEFITS OF QUITTING...

| | |
|---------------|---|
| 20 Minutes | Your blood pressure will drop back down to normal. |
| 8 Hours | The carbon monoxide (a toxic gas) levels in your blood stream will drop by half, and oxygen levels will return to normal |
| 48 Hours | Your chance of having a heart attack will have decreased. All nicotine will have left your body. Your sense of taste and smell will return to a normal level. |
| 72 Hours | Your bronchial tubes will relax, and your energy levels will increase. |
| 2 Weeks | Your circulation will increase, and it will continue to improve for the next 10 weeks. |
| 3 to 9 Months | Coughing, wheezing and breathing problems will dissipate as your lung capacity improves by 10%. |
| 1 Year | Your risk of having a heart attack will have dropped by half. |
| 5 Years | Your risk of having a stroke returns to that of a non-smoker. |
| 10 Years | Your risk of lung cancer will have returned to that of a non-smoker. |
| 15 Years | Your risk of heart attack will have returned to that of a non-smoker. |