

HealthMatters



Great American Smoke-out

When smokers quit:

- ▶ Heart rate and blood pressure drop.
- ▶ Circulation improves and your lung function increases.
- ▶ Coughing and shortness of breath decrease.
- ▶ Risk of coronary heart disease decreases.
- ▶ Risk of a stroke is reduced.
- ▶ Risk of cancer of the lungs, mouth, throat, esophagus, bladder, cervix and pancreas decrease.
- ▶ You will look and feel better, and save money too!

Quitting smoking is not easy, but it can be done!

With all the resources available to help smokers quit, there has never been a better time to quit. The American Cancer Society is here to help.

Call the American Cancer Society Quitline at 1-800-227-2345 to speak with a trained counselor to receive free, confidential counseling.

Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ 22% of our cases have a change in diagnosis
- ▶ 61% of our cases have a change in treatment

Heart or Lung Problems?

Best Doctors Can Help

- ▶ Have an expert look at your diagnosis and treatment plan.
- ▶ Provide you and your doctor access to the opinions of top specialists.
- ▶ Answer your questions from diagnosis to recovery.

If you have
questions call
1-866-904-0910.