



### Stop Smoking

Did you know?

After your last Cigarette

Quitting is the best thing you can do to protect your health, and you'll be surprised by how fast your body bounces back, says Michael Fiore, M.D., of the University of Wisconsin's Center for Tobacco Research and Intervention.

After 12 hours: Carbon monoxide level in your blood starts to improve.

After 2-3 weeks: Circulation gets better; lung function increases.

After 1 – 9 months: Coughing and shortness of breath decrease. Cilia (small hair-like structures in the lungs that move mucus out of the lungs) regains normal function, helping reduce chance of infection.

After 1 year: Coronary heart disease risk is half that of a person who smokes.

After 5-15 years: Stroke risk is reduced to that of a nonsmoker.

After 10 years: Your chance of dying of lung cancer is about half that of a person who smokes. Risk for all other types of cancers

– including of the mouth, throat, esophagus, bladder, cervix and pancreas – lowers as well.

After 15 years: Coronary health disease risk falls to that of a person who never smoked.

### Vitamin D

Vitamin D is a fat-soluble vitamin that can only come from exposure to sunlight, some foods and supplementing. Once the liver and kidney help convert vitamin D to its active hormone form the function of it is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It promotes bone mineralization and prevents the formation of rickets in children and osteomalacia (weak bones) in adults.

Exposure to sunlight is an important source of vitamin D. Ultraviolet rays from sunlight trigger vitamin D synthesis in the skin. Living in Alaska, the amount of sunlight is insufficient to produce significant vitamin D synthesis in the skin from November through

February and so it is important to find alternate sources to maintain healthy levels.

Sources of vitamin D include the following: (IU) International Units

Cod Liver Oil	1 Tbs.	1,360 IU
Salmon	3 oz.	360 IU
Sardines	3 oz.	270 IU
Milk	1 cup	98 IU
Dry Cereal (fortified)	cup	40-50 IU
Egg	1	25 IU

Recommend Daily Amounts	
Men & Women: 19- 50	require 200 IU
51- 69	require 400 IU
70+	600 IU

A special population to consider are newborns born in the winter months and are being breast fed. The concern is that the baby is not receiving adequate amounts of vitamin D because the mother may be deficient herself. Talk with your pediatrician who may advise to supplement with vitamin D drops. Infants who consume between 27-32 ounces of formula are receiving enough vitamin D for their daily intake.