

## SMOKE LESS, LIVE MORE

Not only can smokers expect to live shorter lives, those shortening lives are likely to be qualitatively less rewarding. In fact, a recent 26-year study shows that men who smoked 20 or more cigarettes a day experienced far more difficulty in life than non-smokers, even if they quit during the course of the study. All the study's participants, who were born between 1919 and 1934 and were of the same socioeconomic status, were healthy at the start of the study. Compared with non-smokers, heavy smokers were found to exhibit physical functioning of men ten years older than themselves, and they lived about a decade less than non-smokers. These findings certainly reinforce the notion that smoking is a nasty habit.

Use of tobacco is this country's leading cause of preventable illness and premature death. If you pay attention to your body's warnings, such as coughing, headaches, and dizziness, you won't get hooked on smoking. At Barclay Friends, we specialize in short-term care and rehabilitation therapies for patients who are adapting to limitations due to disease, surgery, or injury. We are proud that Kanchan Jindal, RN, has successfully completed all requirements for certification by the National Alliance of Wound Care (NAWC). Please browse [www.barclayfriends.org](http://www.barclayfriends.org) to learn more about us, and call us at 610-696-5211 to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. Smoking accounts for at least 30 percent of all cancer deaths and is linked to heart disease, aneurysms, bronchitis, emphysema, and stroke (among other problems).