



Your Heart and Health



SMOKING CESSATION

David Kavesteen, MD, FACC

Every 72 seconds, someone dies from smoking. An estimated 25.9 million men, 22.8 million women and 4.1 million teenagers ages 12 through 17 are smokers in the United States. Tobacco smoking is the most common cause of preventable disease and death.

Approximately 75% of coronary heart disease cases are due to cigarette smoking. Eliminating smoking can greatly reduce the occurrence and risks of coronary heart disease and other cardiovascular disease. Quitting smoking

will decrease an individual's risk of developing chronic lung disease, stroke, as well as cancer of the lungs, larynx, esophagus, mouth and bladder. Tobacco smoke contains more than 40 chemicals that, besides being a carcinogenic to humans and animals, are air pollutants. Smoking is also a very expensive habit. On average smokers generally spend nearly \$30.24 per week, or about \$1,600 per year.

Individuals who quit smoking enjoy many health benefits. These benefits include decrease in frequency of respiratory problems, increase in age of life expectancy, reducing risk of cancer, heart attack and other cardiovascular

disease.

There are many resources available to help eliminate this toxic habit. Suffolk County residents can take advantage of the free smoking cessation classes offered by the Suffolk County Department of Health Services. Other options to quit smoking include nicotine patches, gums and sprays, hypnosis and prescription medications which only should be taken if advised by a health care provider.

YOUR HEART AND HEALTH

is provided by David Kavesteen, MD, FACC, from Heart and Health, PLLC, located at 1350 Deer Park Avenue in North Babylon. 631-482-1355

- 6:15 (FAM) Still Standing
- 6:15 (DISN) Shake It Up!
- 6:15 (MSG) MSG Countdown
- 6:15 (PLAY) Playboy Exposed: Sorority Sweeties
- 6:15 (HBO2) Movie "Love Happens"
- 6:15 (MAX) Movie "Head of State"
- 6:30 CBS Evening News With Katie Couric
- 6:30 NBC Nightly News
- 6:30 TMZ
- 6:30 ABC World News With Diane Sawyer
- 6:30 The King of Queens
- 6:30 Friends
- 6:30 Nightly Business Report
- 6:30 (NICK) iCarly
- 6:30 (WTBS) Seinfeld
- 6:30 (FAM) Still Standing
- 6:30 (DISN) Good Luck Charlie
- 6:30 (TMC) Movie "The Jankey Promoters"
- 6:45 (MSG) Mike D'Antoni Show
- 6:45 (SHOW) Movie "The Ghost Writer"
- 7:00 The Insider
- 7:00 (FXSP) The Game 365
- 7:00 Extra
- 7:00 The Simpsons
- 7:00 Jeopardy!
- 7:00 (ION) Without a Trace
- 7:00 How I Met Your Mother
- 7:00 The Oprah Winfrey Show
- 7:00 Two and a Half Men
- 7:00 PBS NewsHour
- 7:00 Les Misérables 25th Anniversary Concert at the O2
- 7:00 (DSC) American Chopper
- 7:00 (TLC) Cake Boss
- 7:00 (NICK) House of Anubis
- 7:00 (ESPN) College Basketball Teams TBA (Live)
- 7:00 (TNT) Bones
- 7:00 (USA) NCIS
- 7:00 (WTBS) The King of Queens
- 7:00 (BRAVO) Bethenny Getting Married?
- 7:00 (LIFE) Movie "Flirting With Forty" (2006) Heather Locklear, Robert Buckley. A divorcee has an affair with a young surfing instructor.
- 7:00 (A&E) The First 48
- 7:00 (HIST) To Be Announced
- 7:00 (FAM) Pretty Little Liars
- 7:00 (DISN) Wizards of Waverly Place
- 7:00 (MSG) Knicks Pregame

- 7:15 (PPV) Whiskey on a Sunday
- 7:15 (PLAY) Sexceters
- 7:15 (STARZ) Movie ★★ "Astro Boy" (2009) Voices of Freddie Highmore, Kristen Bell, Animated. A robotic child must save his city from destruction. (F)
- 7:30 Entertainment Tonight
- 7:30 (FXSP) Tennis
- 7:30 Access Hollywood
- 7:30 The Office
- 7:30 Wheel of Fortune
- 7:30 How I Met Your Mother
- 7:30 Family Guy
- 7:30 (NICK) SpongeBob SquarePants
- 7:30 (WTBS) The King of Queens
- 7:30 (DISN) Wizards of Waverly Place
- 7:30 (MSG) NBA Basketball Utah Jazz at New York Knicks (Subject to Blackout) (Live)
- 8:00 How I Met Your Mother
- 8:00 The Event
- 8:00 House
- 8:00 The Bachelor
- 8:00 (ION) Without a Trace
- 8:00 Law & Order: Criminal Intent
- 8:00 The Ellen DeGeneres Show
- 8:00 90210
- 8:00 Great Performances
- 8:00 (DSC) American Chopper
- 8:00 (TLC) Cake Boss: Baby Special
- 8:00 (NICK) My Wife and Kids
- 8:00 (TNT) Bones
- 8:00 (USA) NCIS
- 8:00 (WTBS) Family Guy
- 8:00 (AMC) Movie ★★ "Scarface" (1983) Al Pacino, Michelle Pfeiffer. A Cuban immigrant fights to the top of Miami's drug trade.
- 8:00 (BRAVO) The Real Housewives of Orange County
- 8:00 (A&E) Intervention
- 8:00 (HIST) Pawn Stars
- 8:00 (FAM) Pretty Little Liars
- 8:00 (DISN) Movie "Wizards of Waverly Place The Movie" (2009) Selena Gomez, David Henrie. A young wizard conjures a spell that jeopardizes her family.

- 8:00 (HBO) Real Time With Bill Maher
- 8:00 (MAX) Movie "The Color of Money"
- 8:00 (TMC) Movie "Brothers at War"
- 8:00 (PLAY) Bang U
- 8:00 (HBO2) Movie "Up in the Air"
- 8:30 Mad Love
- 8:30 (FXSP) Tennis
- 8:30 (NICK) My Wife and Kids
- 8:30 (WTBS) Family Guy
- 8:30 (HIST) Pawn Stars
- 8:30 (PLAY) e-Rotic
- 9:00 Two and a Half Men
- 9:00 The Chicago Code
- 9:00 (ION) Criminal Minds
- 9:00 Law & Order: Criminal Intent
- 9:00 Law & Order: Special Victims Unit
- 9:00 Gossip Girl
- 9:00 (DSC) American Chopper
- 9:00 (TLC) Cake Boss
- 9:00 (NICK) Everybody Hates Chris
- 9:00 (ESPN) College Basketball West Coast Conference Tournament, Final: Teams TBA (Live)
- 9:00 (TNT) Bones
- 9:00 (USA) WWE Monday Night RAW
- 9:00 (WTBS) Family Guy
- 9:00 (BRAVO) Bethenny Ever After
- 9:00 (LIFE) Movie "He Loves Me" (2011) Heather Locklear, Max Marini. Premiere. A woman becomes mentally unstable due to her husband's infidelity.
- 9:00 (A&E) Intervention
- 9:00 (HIST) American Pickers
- 9:00 (FAM) Greek
- 9:00 (STARZ) Movie ★★ "The Men Who Stare at Goats" (2009) George Clooney, Jeff Bridges. A reporter meets a member of a paranormal military brigade. (F)
- 9:00 (HBO) Movie "She's Out of My League"
- 9:00 (SHOW) Shameless
- 9:00 (PPV) Dead Kennedys: In God We Trust
- 9:00 (PLAY) Foursome
- 9:30 (TLC) Outrageous Kid Parties
- 9:30 (NICK) Everybody Hates Chris

- 9:31 (WTBS) Family Guy
- 9:31 (PLAY) Brooklyn Kings Love
- 9:31 (MSG) Mike & Molly
- 9:45 (DISN) Flash Hooks
- 10:00 Hawaii Five-0
- 10:00 Harry's Law
- 10:00 Fox 5 News at 10
- 10:00 (ION) Criminal Minds
- 10:00 The King of Queens
- 10:00 Judge Judy
- 10:00 PIX News at Ten
- 10:00 American Masters
- 10:00 (DSC) Sons of Guns
- 10:00 (TLC) 19 Kids and Counting
- 10:00 (NICK) George Lopez
- 10:00 (TNT) The Closer
- 10:00 (WTBS) Family Guy
- 10:00 (BRAVO) Bethenny Ever After
- 10:00 (A&E) Heavy
- 10:00 (HIST) Pawn Stars
- 10:00 (FAM) Pretty Little Liars
- 10:00 (DISN) Wizards of Waverly Place
- 10:00 (SHOW) Californication
- 10:00 (MAX) Movie "Tooth Fairy"
- 10:00 (TMC) Movie "The Hurt Locker"
- 10:00 (MSG) Knicks Postgame
- 10:00 (PPV) College Basketball
- 10:00 (PLAY) Jazmin's Touch
- 10:00 (HBO2) Big Love
- 10:01 Castle
- 10:30 (FXSP) The Final Score
- 10:30 Everybody Loves Raymond
- 10:30 Judge Judy
- 10:30 (DSC) Sons of Guns
- 10:30 (TLC) 19 Kids and Counting
- 10:30 (NICK) George Lopez
- 10:30 (WTBS) Family Guy
- 10:30 (HIST) Pawn Stars
- 10:30 (DISN) Wizards of Waverly Place
- 10:30 (SHOW) Californication
- 10:30 (MSG) The Best of Boomer & Carton
- 10:30 (PLAY) Playboy's Beech House
- 10:35 (STARZ) Movie ★★ "Brooklyn's Finest" (2009) Richard Gere, Don Cheadle. Three conflicted cops have an appointment with destiny. (F)
- 10:45 (HBO) Paul: HBO First Look
- 11:00 CBS 2 News at 11PM