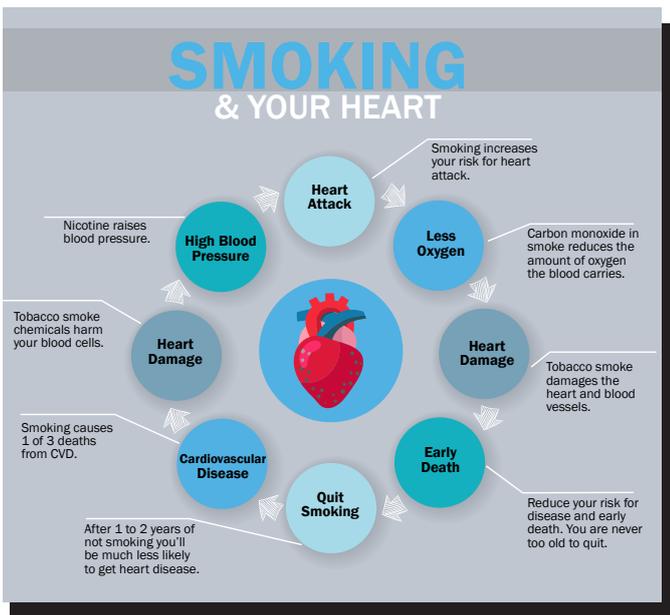


# Smoking & Your Heart

## What you need to know about smoking and cardiovascular disease:

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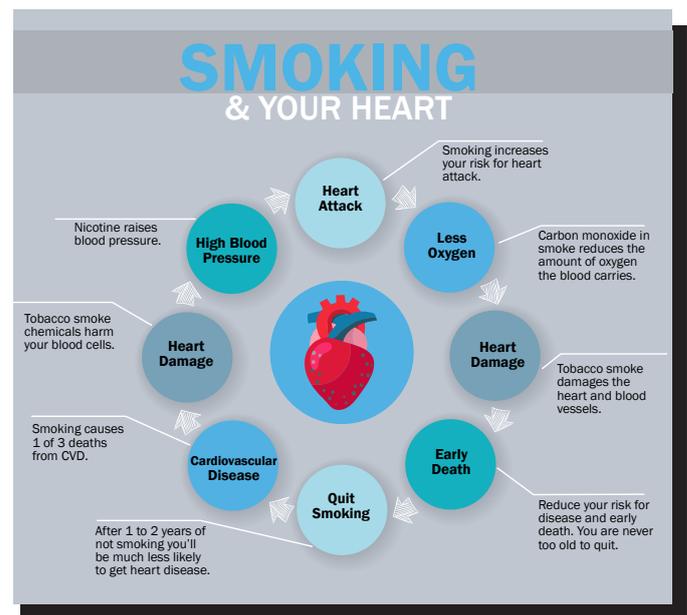
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- ✓ The damage from nicotine and smoking increases your blood pressure and risk for heart attack.

*Exposure to other people's secondhand smoke can increase the risk for heart disease even for nonsmokers.*

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## Quitting helps... a lot!

After you stop smoking, your odds of getting heart disease or high blood pressure will drop. After 1 to 2 years of not smoking, you'll be much less likely to get heart disease.

People who stop smoking greatly reduce their risk for disease and early death. Although the health benefits are greater for people who stop at earlier ages, there are benefits at any age. You are never too old to quit.

*Quitline Iowa has expert, caring coaches and materials to help you live a tobacco-free life. Enroll now for free. Call 1.800.QUIT.NOW (1.800.784.8669) or visit [www.quitlineiowa.org](http://www.quitlineiowa.org).*



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### BENEFITS OF QUITTING SMOKING



Lower blood pressure



Breathe easier/  
Cough less



Taste &  
smell food



More money  
to spend



Children will  
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Skin & nails  
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#### Sources:

- <http://www.webmd.com/smoking-cessation/quit-smoking-heart>.
- [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingResources/Smoking-Cardiovascular-Disease\\_UCM\\_305187\\_Article.jsp#.VytLFIQgtD8](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingResources/Smoking-Cardiovascular-Disease_UCM_305187_Article.jsp#.VytLFIQgtD8).
- [www.cdc.gov](http://www.cdc.gov) "smoking and cardiovascular disease."

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.



#### Sources:

- <http://www.webmd.com/smoking-cessation/quit-smoking-heart>.
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