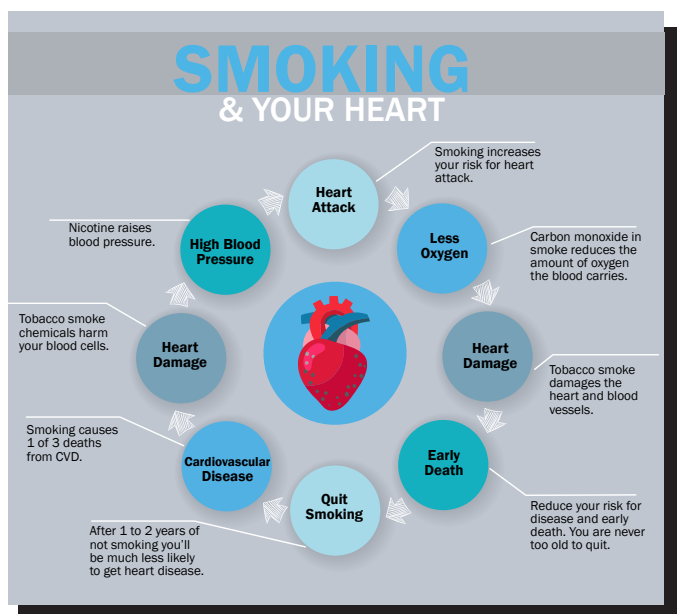


Smoking & Your Heart

What you need to know about smoking and cardiovascular disease:

- ✓ Smoking is a major cause of cardiovascular disease (CVD) and causes one of every three deaths from CVD, according to the 2014 Surgeon General's Report on smoking and health.



- ✓ The chemicals in secondhand smoke harm your blood cells and damage your heart's function.
- ✓ 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.

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.



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BENEFITS OF QUITTING SMOKING



Lower blood pressure



Breathe easier/
Cough less



Taste & smell food



More money to spend



Children will be healthier



Skin & nails healthier

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.
- www.cdc.gov "smoking and cardiovascular disease."

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