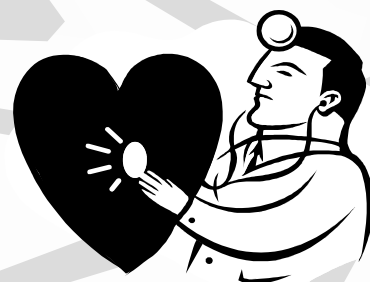


# SMOKING AND HEART ATTACK



A person who smokes has twice the risk of sudden heart attack than a person who does not smoke!

More smokers die of heart attacks than from any other medical condition, including lung cancer!

## WHY?

- *Your heart needs Oxygen to be healthy. **Smoking robs your heart of oxygen** because when you smoke you breathe in **CARBON MONOXIDE**. Carbon Monoxide is the poison in car exhaust.*
- *Smoking cigarettes leads to hardening of the arteries and increases blood clotting. This can cause blood clots that block the supply of oxygen to the heart. Blocked blood vessels cut off oxygen and cause heart attacks.*
- *Smoking cigarettes **increases bad cholesterol** and **decreases good cholesterol**. Bad cholesterol can lead to more blocked blood vessels. Good cholesterol protects you against heart attacks.*
- *Nicotine in cigarettes causes the blood vessels to narrow, which can increase high blood pressure. Smoking can make high blood pressure worse, which makes the heart work harder and increases the chances of heart attacks.*

**PROTECT YOURSELF FROM A SUDDEN HEART ATTACK  
SEE OTHER SIDE FOR TIPS.**

Based on information from the American Heart Association; [www.WEBMD.com](http://www.WEBMD.com); and Action on Smoking and Health: "Smoking, the Heart and Circulation," [www.ash.org.uk](http://www.ash.org.uk)

Developed by the Alameda County ATOD Network through funding provided by the Alameda County Public Health Department, Tobacco Control Program, Tobacco Master Settlement Funds January 2007.

# HOW TO REDUCE YOUR RISK OF HEART ATTACK



- *Your life is at risk, QUIT SMOKING NOW. It's never too late to quit*
- *Exercise More:*
  - *To increase good cholesterol*
  - *To help you quit smoking*
  - *To improve your blood circulation*
  - *To lower your blood pressure*
- *Eat a Low Fat Diet with Plenty of Fruits and Vegetables:*
  - *To reduce your bad cholesterol levels*
  - *To lose weight*
  - *To get lots of vitamins*



## PERSONS WHO SMOKE ARE AT EXTREME RISK OF SUDDEN HEART ATTACK.

BUT IF YOU QUIT NOW, YOU ★ REWARD ★ YOURSELF WITH LIFE. ☺

## REWARDS OF QUITTING SMOKING

- *No matter how long you have smoked, your risk of heart attack drops 24 hours after quitting*
- *You will get rid of the Carbon Monoxide poison and have more oxygen in your blood.*
- *You will have less blood clotting.*
- *Your good cholesterol will increase, especially if you exercise regularly. Your bad cholesterol will decrease.*
- *It will be easier to exercise.*
- *After 5 years of quitting, your heart works almost like you never smoked.*

*If you want to quit smoking call:  
CA Smokers Helpline at 1-800-NO-BUTTS  
American Lung Assoc. serving the Greater Bay Area  
510-893-5474 ext 375  
and ask for local referrals to quit.*