



## Heart Disease: Another reason to quit

Heart disease is the leading cause of death in the U.S. Heart disease includes coronary heart disease, heart attack and heart failure.

Smoking is a major cause of heart disease. A key to preventing or treating heart disease is to quit smoking.

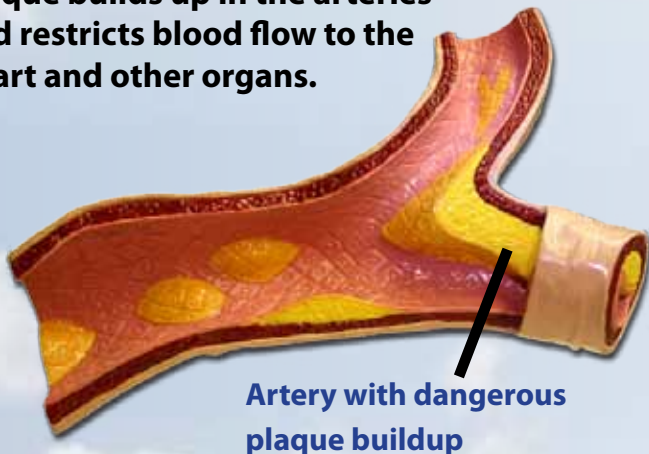


## Heart Disease and Smoking

Smoking causes and worsens heart disease by:

- Allowing less oxygen to get to the heart
- Causing higher blood pressure and heart rate
- Causing more blood clotting
- Damaging cells in arteries and other blood vessels
- Increasing the risk of heart attack

**Plaque builds up in the arteries and restricts blood flow to the heart and other organs.**



## Heart Disease and quitting

### The benefits of quitting smoking starts right away

- No matter how long you have smoked, your health will get better
- More oxygen in your blood and for your heart
- Blood pressure and heart rate drops
- Less risk for a heart attack
- You will likely live longer

