



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.

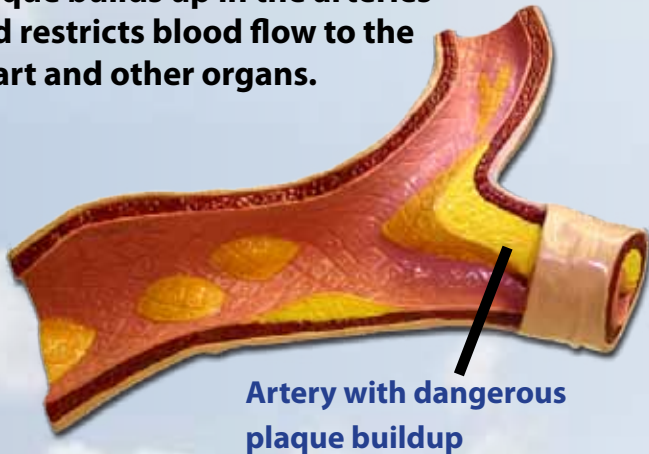


Heart Disease and Smoking

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

