

Smoking & Heart Disease

- ◆ Cigarette smoking is a major cause of heart and blood vessel disease
- ◆ More than 400,000 deaths in the United States every year result from smoking

What about secondhand smoke?

- ◆ Environmental tobacco smoke (ETS), also called passive smoke or secondhand smoke, is a serious hazard for nonsmokers, especially children
- ◆ ETS contains more than 4,000 chemicals and at least 40 known carcinogens.
- ◆ Nonsmokers who have high blood pressure or high blood cholesterol have an even greater risk of developing heart disease when they're exposed to secondhand smoke
- ◆ ETS causes 10 times as many cardiovascular deaths as lung cancer deaths.

Atherosclerosis & Smoking

- ◆ Atherosclerosis (fatty deposits built up on the inner arterial walls) causes the heart to work harder

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Smoking & Heart Disease cont.

- ◆ Occurs more often and with greater severity in smokers
- ◆ Leads to heart attack and stroke

Smoking & Heart Attack

- ◆ Smokers have more than 2 times the risk of heart attack
- ◆ Smokers who have a heart attack have less chance of surviving than nonsmokers

Smoking & Angina

- ◆ Angina Pectoris is chest pain
- ◆ It occurs when the heart muscle doesn't get enough oxygen during exertion
- ◆ Smoking cigarettes reduces the amount of oxygen to the heart muscle, leading to chest pain sooner than normal

Why You Should Stop Smoking...Now!

- ◆ When you quit smoking your risk of heart disease starts to drop
- ◆ Three years after quitting, your risk of death from heart attack is about the same as if you never smoked
- ◆ It's important to stop smoking before the signs of heart disease appear

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