



Smoking and Your Health

SMOKING FACTS

- ▶ According to the American Heart Association, cigarette smoking is the most important preventable cause of premature death in the United States.
- ▶ There is no safe amount of smoking.

WHAT'S THE LINK BETWEEN SMOKING AND CARDIOVASCULAR DISEASE?

- ▶ Major cause of atherosclerosis (buildup of fatty substances in the arteries)
- ▶ Arteries that supply blood to the heart severely narrowed, decreasing supply of oxygen-rich blood to heart.

CIGARETTES HAVE MULTIPLE POISONS

- ▶ 4,000 other chemicals of varying toxicity, including 43 known carcinogens.

SECONDHAND SMOKE

- ▶ When you smoke, the people around you are also at risk for developing health problems, especially children.
- ▶ Second-hand smoke can cause chronic respiratory conditions, cancer and heart disease.

Partners at Heart



**Port Huron
Hospital**



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cont.

SMOKING CAUSES:

- ▶ Decreased oxygen to the heart and to other tissues in the body
- ▶ Decreased exercise tolerance
- ▶ Decreased HDL (good) cholesterol
- ▶ Increased blood pressure and heart rate
- ▶ Damage to cells that line coronary arteries and other blood vessels
- ▶ Increased risk of developing coronary artery disease and heart attack
- ▶ Increased risk of developing peripheral artery disease and stroke
- ▶ Increased risk of developing lung cancer, throat cancer, chronic asthma, chronic bronchitis and emphysema
- ▶ Increased risk of developing diabetes
- ▶ Increase tendency for blood clotting
- ▶ Increased risk of recurrent coronary artery disease after bypass surgery
- ▶ Increased risk of becoming sick (especially among children: respiratory infections are more common among children exposed to second-hand smoke)

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