

What is Cardiovascular Disease?

Cardiovascular disease is the number one killer in Arkansas and the United States. Cardiovascular disease is any disease that affects your heart and blood vessels. Strokes, heart attacks, aneurysms, high blood pressure and heart failure are all forms of cardiovascular disease.

Although heredity can play a role in your development of cardiovascular disease, you can take simple, yet major steps to lower your risk. The best way to help yourself and your health is to quit tobacco use. When you are ready to quit, we are here to help you.

Arkansas Tobacco Quitline
Seven days a week
7a.m.- 2a.m.
1-800-QUIT-NOW
1-800-784-8669



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW



Arkansas Department of Health



Arkansas Department of Health
Tobacco Prevention and Cessation Program
4815 West Markham, Slot 3
Little Rock, AR 72205
501-661-2953
www.healthyarkansas.com
www.stampoutsmoking.com

Know the Risks

TOBACCO USE &

Cardiovascular Health



Tobacco Prevention and Cessation Program
Arkansas Department of Health

Tobacco's Dangerous Impact

Tobacco smoke hurts many parts of your body. It lowers the amount of oxygen going to your heart, lungs, brain, and other organs. Long-term tobacco use can cause many serious health issues that, in time, can lead to death. Although many factors can put you at risk for cardiovascular problems, smoking is the single largest preventable cause of heart disease in the United States.

Smokeless tobacco is not a safe alternative to smoking. It can increase your heart rate and blood pressure, increasing your risk of heart disease.



Protect Yourself

Stay active — Regular exercise can help prevent obesity, diabetes, high blood pressure and other health conditions that can lead to heart disease.

Eat healthier — Diets high in saturated fats, cholesterol and salt can increase your blood cholesterol and blood pressure levels.

Quit tobacco — Tobacco smoke has high levels of carbon monoxide, which lowers the amount of oxygen to your heart. The nicotine in tobacco can also increase your heart rate and blood pressure. Using tobacco products can cause extreme damage to your cardiovascular system and may even cause death.

Drink less alcohol — Drinking a lot of alcohol can cause high blood pressure and high blood levels, which can increase your risk of heart disease.

Secondhand Smoke's Impact

Secondhand tobacco smoke causes more than 22,700 deaths from heart disease every year. Secondhand tobacco smoke carries many of the same dangerous chemicals that the smoker breathes in. There is no safe level of secondhand smoke exposure. Do not put your life at risk, ask smokers not to smoke when they are around you or children.

Stay Quit for Life

Even if you have used tobacco for years, you can still enjoy good health and live longer by quitting now! The American Cancer Society showed that a person who quits tobacco can live a healthier life.

After quitting:

Within 1 day

Lowers heart rate and blood pressure

2 weeks to 3 months

Blood flow and your breathing improves

1 to 9 months

Coughing and shortness of breath decreases

1 year

Lowers the risk of coronary heart disease to half of that of a continuing smoker

5 to 15 years

Lowers the risk of a stroke to almost that of someone who never smoked

If you quit smoking, your health will greatly improve. It can also help prevent cardiovascular disease. Smoking becomes an addiction, which makes it hard to quit. Studies show you double your chances of quitting with medication and coaching. The Arkansas Tobacco Quitline helps you make a personal quit plan and provides:

- **A FREE program with personal coaching and advice**
- **FREE Unlimited Web Coach**
- **FREE calls available in more than 160 languages with a Quit Coach**
- **FREE medication, while supplies last.**

Don't risk heart disease, a stroke, high blood pressure, or any other cardiovascular disease. Choose your Quit Day. Call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW or 1-800-784-8669. **Quit tobacco today!**

For more information, visit

www.stampoutsmoking.com

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