

# HEART DISEASE & TOBACCO

## LEADING CAUSE OF DEATH

American Indians/Alaska Natives (AI/AN) have a higher risk of experiencing tobacco-related disease and death due to high prevalence of cigarette smoking and other commercial tobacco use. In the United States, the leading cause of death of AI/AN include: **Cardiovascular disease**, lung cancer, and diabetes.

## CARDIOVASCULAR DISEASE (CVD)

Heart disease and stroke are cardiovascular (heart and blood vessel) diseases. The most common type in the United States is coronary heart disease, which is narrowing of the blood vessels that carry blood to the heart. **Heart Disease** can cause:

- **Chest pain**
- **Heart attack**  
(when blood flow to the heart becomes blocked and a section of the heart muscle is damaged or dies)
- **Heart failure**  
(when the heart cannot pump enough blood and oxygen to support other organs)
- **Arrhythmia**  
(when the heart beats too fast, too slow, or irregularly)

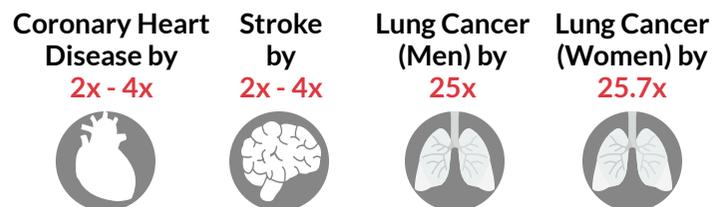


A stroke occurs when the blood supply to the brain is blocked or when a blood vessel in the brain bursts, causing brain tissue to die. **Stroke** can cause:

- Disability such as paralysis
- Muscle weakness
- Memory loss
- Trouble speaking
- Death

## RISK FOR SMOKERS

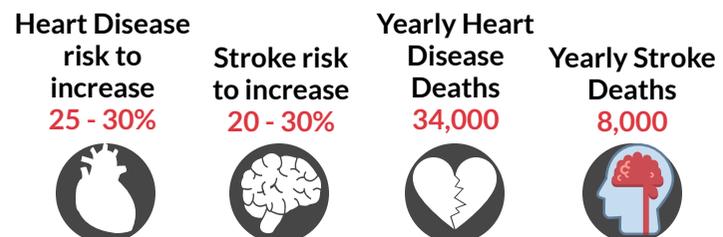
Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer. Estimates show **smoking increases the risk of:**



## RISKS FOR NONSMOKERS

Breathing secondhand smoke (SHS) is harmful to your health. SHS is the smoke from tobacco products and breathed out by a smoker. Breathing SHS can cause coronary heart disease, including heart attack and stroke.

**Secondhand smoke exposure causes:**



## Prevention

Heart disease and stroke are major causes of death and disability in the United States. Many people are at high risk for these diseases and don't know it. The good news is that many risk factors for heart disease and stroke can be prevented or controlled.

It's important to know your risk for heart disease and stroke and to take action to reduce that risk. A good place to start is with the **ABCS** of heart health:

- |   |  |   |  |
|---|--|---|--|
| <b>A</b> spirin: May help reduce your risk for heart disease & stroke. Before taking aspirin, talk to your doctor about whether aspirin is right for you. Do not take aspirin if you think you are having a stroke. It can make some types of stroke worse. | <b>B</b> lood pressure: Control your blood pressure. | <b>C</b> holesterol: Manage your cholesterol. | <b>S</b> moking: Quit smoking, or don't start. |
|---|--|---|--|



In addition to your ABCS, several **lifestyle choices** can help protect your heart and brain health. These include the following:

- **Avoid** breathing secondhand smoke.
- **Eat** low-fat, low-salt foods most of the time and fresh fruits and vegetables.
- **Maintain** a healthy weight.
- **Exercise** regularly.
- **Control** other health conditions (such as diabetes).
- **Limit** alcohol use.

## Your Body Starts to Recover when you Quit Smoking

- **20 minutes:** Blood pressure and heart rate recover from the nicotine-induced spikes.
- **12 hours:** Carbon monoxide levels in blood return to normal.
- **2 weeks:** Circulation and lung function begin to improve.
- **1 to 9 months:** Clear and deeper breathing returns; less coughing and shortness of breath.
- **1 year:** Risk of coronary heart disease is reduced by 50%.
- **5 years:** Risk of cancer to the mouth, throat, esophagus, and bladder are cut in half. Your risk of cervical cancer and stroke return to normal.
- **10 years:** Half as likely to die from lung cancer. Risk of larynx or pancreatic cancer decreases.
- **15 years:** Risk of coronary heart disease is the same as a non-smoker's.

## SMOKEFREE.GOV

On this site you will find support, tips, tools, and expert advice to help you or someone you love quit smoking.

## 1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.



Smokefree  
Texting  
Programs



Nicotine  
Replacement  
Therapy



Smokefree  
Social  
Media



Smokefree  
Apps



Build Your  
Quit Plan

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