

WHY STOP SMOKING?

It harms nearly **EVERY ORGAN** in your body, including your **HEART**

Smoking causes **1 OUT OF 4 DEATHS** from heart and vascular disease



Quitting isn't **EASY**, but it will give back years of **YOUR LIFE**

HARM TO YOUR HEART

- IRREGULAR HEARTBEAT
- THICKENED AND NARROWED BLOOD VESSELS
- PLAQUE BUILDUP IN THE ARTERIES



TIPS TO QUIT

- ✓ Find a plan that best fits you
- ✓ Set a date 
- ✓ Remind yourself why you're quitting 
- ✓ Avoid activities or places that make you want to smoke 
- ✓ Make it public 
- ✓ Ask about programs to help you quit 
- ✓ Take advantage of the tools and resources available at [CardioSmart.org](https://www.cardiosmart.org) and get help at 1-800-QUIT-NOW
- ✓ Don't give up! Slips are often part of the process
- ✓ Celebrate small successes 

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

For more information, visit [CardioSmart.org/StopSmoking](https://www.cardiosmart.org/StopSmoking)