

SMOKING AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA



Quitting smoking is the #1 most important thing you can do to improve your health. It's never too late to quit!

HOW DOES SMOKING AFFECT YOUR HEART?



Raises your
LDL ("lousy")
cholesterol



Lowers your
HDL ("healthy")
cholesterol



Speeds up your
heart rate



Raises your
blood pressure



Makes your heart
work harder



Makes you 2-4x
more likely to suffer
a heart attack than
non-smokers

WHAT HAPPENS AFTER YOU QUIT?



20 Minutes: Blood pressure and heart rate decrease.



8 Hours: Carbon monoxide levels decrease. Oxygen levels increase.



2 Days: Sense of taste and smell increases. Heart attack risk decreases.



3 Days: Bronchial tubes relax and lung capacity increases.



2 Weeks to 3 Months: Blood circulation improves and lung function increases by up to 30%.



6 Months: Coughing, fatigue, shortness of breath and congestion all decrease.



1 Year: Risk of heart attack ↓ by up to 50%.



10 Years: Risk of lung cancer ↓ by up to 50%.



15 Years: Heart attack risk ↓ to the level of someone who never smoked.

WHAT CAN I DO?

Quitting smoking is a complex process that requires preparation. One good high-level strategy is the **STAR** approach:



SET your
quit date.



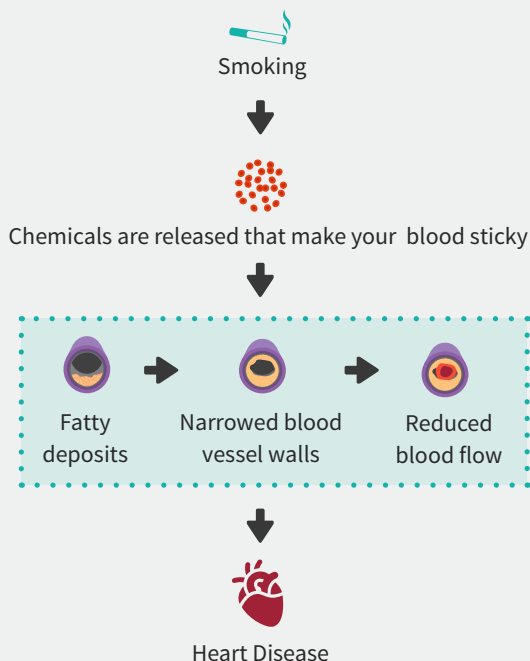
TELL family
and friends
and get their
support.



ANTICIPATE
challenges and set-
backs so you can get
back on track.



REMOVE tobacco
products from
your environment.



Download the top 5 questions to ask your healthcare provider at yourheart.ca