

What is Cardiovascular Disease?

Cardiovascular disease is the number one killer in West Virginia and the United States.

The term is used for 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 lessen your risk.

West Virginia
**TOBACCO
QUITLINE**
1-877-966-8784

Division of
Tobacco Prevention
WEST VIRGINIA
DEPARTMENT OF HEALTH AND HUMAN RESOURCES



WEST VIRGINIA TOBACCO
CESSATION
PROGRAM
West Virginia Department of Health and Human Resources



West Virginia Department of Health and Human Resources
Bureau for Public Health
Office of Epidemiology and Health Promotion
Division of Tobacco Prevention Cessation Program

350 Capitol Street, Room 206
Charleston, WV 25301
Phone: (304) 558-2939
Toll Free in WV: 1-866-384-5250
www.wvdt.org
www.wvquitline.com

Know the Risks

TOBACCO USE &

Cardiovascular Health



West Virginia Department of
Health and Human Resources

Tobacco's Dangerous Impact

Although many factors can put you at risk for developing cardiovascular conditions, **smoking is the single largest preventable cause of heart disease in the United States.**

Tobacco smoke affects many parts of your body. It reduces the amount of oxygen going to your heart, lungs, brain, and other vital organs. Long-term tobacco use can cause many serious health issues that in time can lead to death.

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



Protect Yourself

Stay active — Regular physical activity 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 impact your blood cholesterol and blood pressure levels.

Quit tobacco — Tobacco smoke contains high levels of carbon monoxide, which reduces 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 over time.

Consume 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

It is estimated that secondhand tobacco smoke causes 69,000 deaths from heart disease every year. Secondhand tobacco smoke carries the same dangerous chemicals that the smoker inhales. Therefore, you should avoid all exposure to secondhand smoke.

Instant Benefits To Quitting

Even if you've smoked for years, you can still enjoy dramatic and some immediate health benefits by quitting tobacco now. According to the American Cancer Society, a person who quits tobacco can experience the following health benefits:

After quitting for:

20 minutes

Heart rate and blood pressure drops

2 weeks to 3 months

Circulation improves and your lung function increases

1 to 9 months

Coughing and shortness of breath decrease

1 year

Excess risk of coronary heart disease is half that of a smoker's

5 to 15 years

Stroke risk is reduced to that of a nonsmoker

We Can Help You Quit

If you quit smoking, your health will greatly improve. It can also help you prevent cardiovascular disease.

Smoking becomes an addiction, so it can be hard to quit. However, studies prove you're more likely to successfully quit tobacco if you are being coached. The West Virginia Tobacco Quitline provides:

- **A FREE or low cost program with personal advice**
- **FREE educational materials**
- **Four FREE calls with a phone coach**

Don't risk heart disease, a stroke, high blood pressure, or any other cardiovascular disease. **Quit tobacco today!**



Call the West Virginia Tobacco Quitline today.