

TOBACCO AND HEART DISEASE

YOUR QUIT JOURNEY STARTS TODAY.



Does smoking hurt my heart and veins?

Smoking can cause heart disease, and can lead to heart attacks or strokes. Tobacco has many toxic chemicals that can hurt your veins. Smoking can harden your veins, so that blood stops flowing easily. That means your heart has to work harder to pump blood to your whole body. Smoking can raise your blood pressure and heart rate.

If you smoke and have heart disease:

- Quitting smoking will help you manage your heart disease.
- Smoking increases bad cholesterol (LDL) and decreases good cholesterol (HDL).
- Smoking can make your blood form sticky clots that block the flow to your heart and brain. This can cause heart attacks or strokes.

Can I keep smoking if I have heart disease?

You can keep smoking but this can make your heart disease worse. You might have more symptoms such as pain in your chest and arms or shortness of breath. One out of every three deaths from heart disease is caused by smoking.

Quitting smoking will help your heart and veins:

- When you stop smoking for 20 minutes, your heart rate returns to normal.
- When you stop smoking for a day, you are less likely to have a heart attack.
- When you stop smoking for a few weeks, your blood starts pumping through your body more easily.
- When you don't smoke for five years, your risk of having a stroke is the same as someone who has never smoked.

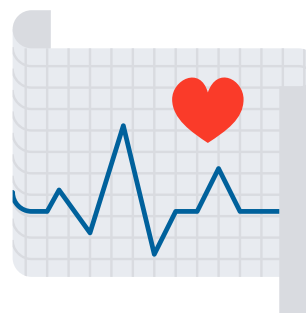


Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191



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