

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 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