

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.



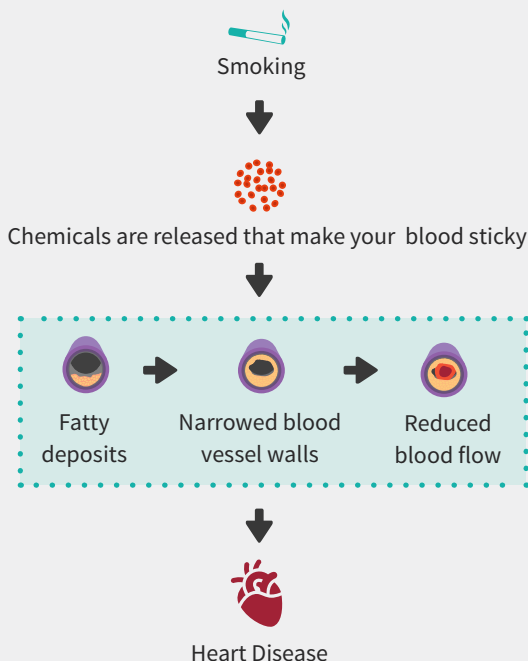
TELL family and friends and get their support.



ANTICIPATE challenges and setbacks 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