



Keys to a Healthy Heart

CLEAR THE AIR

Quitting smoking is the single most important thing a person can do to live longer! If you're a smoker, you are **TWICE** as likely to have a heart attack than a non-smoker.

Cigarette smoking increases the risk for heart disease because it increases blood pressure, decreases exercise tolerance and makes your blood stickier which increases its tendency to clot.

You start to improve your health within minutes of quitting, after one year your heart disease risk is cut in half and after 10 years of not smoking, your heart disease risk is equal to that of a person who has never smoked.



Secondhand smoke counts too! A recent study found that women who were exposed to other people's smoke increased their risk of heart attack by 69%, stroke 56% and peripheral artery disease (PAD) by 67%. A new report by the Institute of Medicine finds that even brief exposure to secondhand smoke can trigger a heart attack.

So . . . if you're a smoker, it's time to quit, and tell your friends to quit too!

Go to www.smokefree.gov for FREE assistance with quitting tobacco use!



The Medical
Center of Plano