



YOUR AMERICAN HEART

Life's Simple 7: **STOP SMOKING!**

Tobacco use, high blood cholesterol, high blood pressure, physical inactivity, obesity and diabetes are the six (6) major independent risk factors for coronary heart disease that you can modify and control. Smoking is such a significant risk factor that the Surgeon General has called it “the leading cause of preventable disease and death in the United States”.

Cigarette smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot. It also increases the risk of recurrent heart disease after bypass surgery. Women who smoke and use oral contraceptives greatly increase their risk for heart disease and stroke. Smoking also decreases HDL cholesterol which is the “good” cholesterol and protective against heart disease.



Besides an increased risk of heart disease, stroke, cancer, respiratory problems and other deadly diseases, smokers also have to deal with these additional less-known health hazards:

- ♥ **Root Canal Infections:** Smokers are 70% more likely to need treatment for root canal infections than non-smokers.
- ♥ **Tooth Loss:** Smokers are 2X as likely to lose their teeth since smoking contributes to periodontal disease. A pack-a-day smoker can expect to lose an extra 2 teeth per decade!
- ♥ **Impotence:** Male smokers have an increased risk of impotence (erectile dysfunction). This occurs even in relatively young men, according to a recent Australian study, which found that for smokers in their 40's, the risk increase 350% and for those in their 50's, 600%!!!!
- ♥ **Wrinkles:** Long-term smokers have thinner, less elastic skin than non-smokers, so they're more likely to develop serious premature wrinkling and other signs of aging.
- ♥ **Gray Hair:** Smokers are up to 4X more likely to turn gray prematurely.
- ♥ **Baldness:** Men who smoke are 2X as likely to lose their hair as nonsmokers.

For assistance with smoking cessation, please go to www.smokefree.gov.



The Medical Center of Plano