

Smoking

and Heart Disease and Stroke

Smoking is a major risk factor for heart disease. Smoking is the most preventable cause of disease, disability and death in Missouri. It is also a serious risk factor for stroke.

Smoking interferes with the normal functioning of the heart, blood and vascular system. If you smoke, you increase your risk of having a heart attack or stroke.

The effects of secondhand smoke

Secondhand smoke is also a significant risk factor for heart disease and stroke.

Nonsmokers who breathe secondhand tobacco smoke at home or work have greater chance of developing heart disease, the U.S. Surgeon General reports.

Take steps to quit

Quitting smoking can be difficult, but there are a number of steps that can help smokers quit successfully:

- Get support and encouragement. Tell your family, friends and co-workers you are quitting.
- Get ready. Set a date to quit and stick to it. Think about past attempts to quit smoking and what worked and what didn't.
- Learn new skills and behaviors. Change your routine, reduce stress, plan something enjoyable each day, drink lots of water and other fluids.
- Talk with a health care provider about nicotine replacement gum, inhaler, lozenge, nasal spray or patch.
- Be prepared for a relapse or difficult situations. Avoid alcohol, eat healthy foods and stay active.



Call the **Missouri Tobacco Quitline**
1-800-QUITNOW (1-800-784-8669)

for free telephone counseling
and information that
can help you quit smoking.

More information can be found at:
health.mo.gov/tobaccoquitline
health.mo.gov/heartdisease
health.mo.gov/stroke

