

## Heart Health

Quit smoking to protect your heart!

Tobacco use is a leading cause of preventable disease and death and a major risk factor in the development of cardiovascular disease.

(American Heart Association)

One out of every five smoking-related deaths is caused by heart disease.

(Johns Hopkins Medicine)

### SMOKING: (Johns Hopkins Medicine)

- Causes an instant and long-term rise in blood pressure and heart rate.
- Reduces the amount of oxygen that reaches the body's tissues.
- Reduces blood flow from the heart.
- Increases risk for blood clots.
- Damages blood vessels.

Cardiovascular diseases are the leading cause of death globally, taking an estimated 17.9 million lives each year.

(WHO)

Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing cardiovascular disease by 25–30%.

(CDC)

You can help prevent heart disease for yourself and those around you by not smoking!

The Georgia Tobacco Quit Line is a free, confidential service available 24/7 to assist with quitting smoking, vaping and using smokeless tobacco.

Call 1-877-270-STOP or visit [dph.georgia.gov/GTQL](http://dph.georgia.gov/GTQL).