

Did you know?

Smokers are three times more likely to have a stroke or die of heart disease.

Smoking contributes to the buildup of plaque in your arteries, increases your risk of developing blood clots, reduces the oxygen in your blood and makes your heart work harder.



Tobacco and Heart Health

Quit smoking. Your heart will thank you!

Quitting smoking reduces your risk of heart attack and stroke. As soon as you quit, your body starts to recover.



Within 48 hours, your chances of having a heart attack goes down. Also, your sense of smell and taste begin to improve.



Within 5 years, your risk of having a stroke will be nearly that of a non-smoker.



Tobacco and heart disease around the World

- The global tobacco epidemic kills more than 7 million people each year. **Close to 900,000 are non-smokers dying from breathing second-hand smoke.**
- Cardiovascular diseases (CVD) kill more people than any other cause of death worldwide.
- **Tobacco use is the second leading cause of CVD, after high blood pressure.**



Tobacco-free environments help protect everyone's heart health

Any exposure to tobacco smoke, even an occasional cigarette or exposure to second-hand smoke, is harmful.



Exposure to tobacco smoke increases a non-smoker's risk for heart disease by 25 to 30%.



We all win when we can live, work and play in heart-healthy tobacco-free environments!



Sources:

World Health Organization - <http://www.who.int/mediacentre/events/2018/world-no-tobacco-day/en/>

Heart & Stroke Foundation - <http://www.heartandstroke.ca/heart/risk-and-prevention/lifestyle-risk-factors/smoking-and-tobacco>

New Brunswick Anti-Tobacco Coalition - <http://www.nbatc.ca/en/>