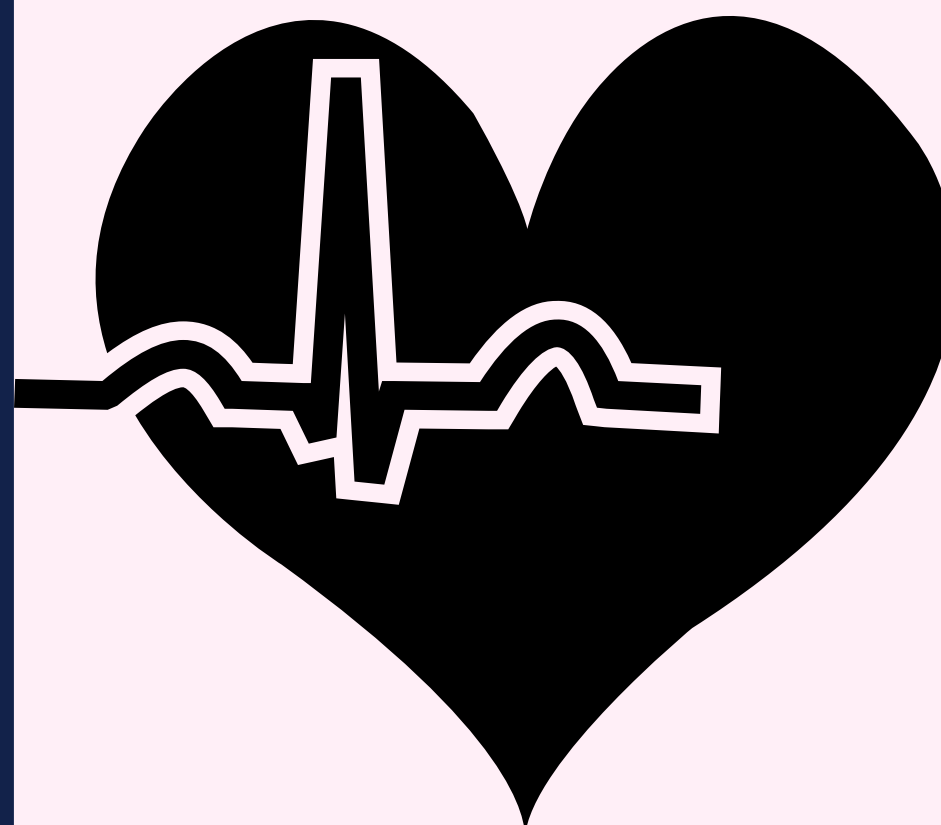


Cigarettes and Cardiovascular Disease

Cigarette smoking is the leading cause of preventable death and disease in the United States.

Cigarette smoking causes:

- Coronary Heart Disease;
- Atherosclerosis - a fatty build up in the arteries; this is also a leading contributor to death caused by smoking.



Cigarette smoking decreases the good cholesterol (HDL) in your body.

Secondhand Smoke from cigarettes causes heart and blood vessel disease.

Cigarette smoking increases:

- Blood Pressure;
- The likelihood of blood clots.

Lower Your Risk of Cardiovascular Disease by Quitting Smoking

Cardiovascular Health Benefits of Quitting Smoking:

- Within 20 minutes your heart rate drops;

- Within 2 weeks to 3 months, your heart attack risk begins to drop;

- 1 year after quitting, your added risk of coronary heart disease is half that of a smoker's;

- 15 years after quitting, your risk of coronary heart disease is back to that of a nonsmoker's.

Community Resources to Quit Smoking:

**The Hawai'i Tobacco Quitline -
1-800-QUIT-NOW (784-8669)
<https://hawaiiquitline.org>**

**Face-to-Face Quit Smoking support visit -
<https://hawaiiquitline.org/community-quit-smoking-programs/>**

