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 increases:
- Blood Pressure;
- The likelihood of blood clots.

Secondhand Smoke from cigarettes causes heart and blood vessel disease.

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

Lower Your Risk of Cardiovascular Disease by 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.

Cardiovascular Health Benefits of Quitting Smoking:

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/

Sources: American Heart Association // Centers for Disease Control and Prevention