

Know the Facts

TOBACCO USE

AND

HEART HEALTH



SMOKING RAISES YOUR RISK OF



STROKE
HEART FAILURE
HEART ATTACK
AORTIC ANEURYSMS

AFTER QUITTING

WITHIN

1 day

LOWERS
HEART RATE
AND BLOOD
PRESSURE

1 year

LOWERS RISK
OF HEART DISEASE
TO HALF OF THAT
OF A CURRENT
SMOKER

**5 to 15
years**

LOWERS RISK
OF A STROKE TO
CLOSE TO THAT OF
SOMEONE WHO
NEVER SMOKED

SECONDHAND SMOKE

increases risk of
STROKE
by
20-30%



SMOKE FREE LAWS

have reduced coronary events in people 65 and younger. These laws banning smoking in all indoor areas have reduced exposure to secondhand smoke. Let's protect all Arkansans.



HOW TO QUIT. In the fight against tobacco, nobody has to do it alone. A private, 24/7 free, personal Quit Counselor will help you get ready to quit, choose a quit day, change your routines, deal with withdrawal, and fight slips and relapses.

1-800-QUIT-NOW (1-800-784-8669)

Arkansas Department of Health
Tobacco Prevention and Cessation Program

www.stampoutsmoking.com

#StampOutSmoking

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Know the Facts

TOBACCO USE AND DIABETES

IN 2013, **21.6%**
OF ARKANSANS
WITH DIABETES
WERE ALSO
SMOKERS

SOURCE: BRFS 2013

QUITTING SMOKING

COULD SAVE
55,900

ARKANSANS WITH
DIABETES



FROM DYING FROM

**CARDIOVASCULAR
DISEASE**

SOURCE: BRFS 2013

DIABETES
is the leading
cause of new
cases of



BLINDNESS



KIDNEY
FAILURE



LOWER-LIMB
AMPUTATIONS



SMOKERS NEED
LARGER DOSES OF

INSULIN

THAN NONSMOKERS
TO CONTROL THEIR
DIABETES

SMOKING
INCREASES
YOUR RISK OF
DEVELOPING

**TYPE 2
DIABETES**

BY

30-40%

FORMER SMOKERS

have a lower risk of developing
diabetes than current smokers.

QUITTING TOBACCO

improves insulin sensitivity even
with short-term weight gain.

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