

HOW DOES SMOKING AFFECT YOUR HEART?

- Increases the heart rate
- Increases blood pressure
- Narrows arteries
- Decreases blood flow
- Increases risk of hypertension
- Causes approximately one in five deaths from heart disease
- Thickens blood
- Increases risk of stroke


WHEN YOU QUIT SMOKING:


- Your blood pressure may return to normal
- Your carbon monoxide level will reduce
- Oxygen levels in your blood will increase
- Decreased risk of heart attack

Talk to your health care provider about how smoking may affect your heart.

Smoking Cessation Resources:


New York State Smokers' Quitline

 1-866-NY QUIT


 1-866 697-8487

Local Resources

Queens Hospital Center

 718-883-4209

Elmhurst Hospital Center

 718-334-2550

