

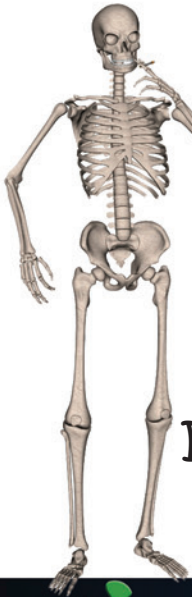
## Smoking

### Smoking or even exposure to second hand smoke =

- ✗ Decreases the oxygen that is being carried in the blood, as it is replaced by carbon monoxide and other gases
- ✗ Causes the heart to beat faster, as it is trying to provide more oxygen, by pumping more poorly oxygenated blood
- ✗ Decreases the size of the blood vessels, increases blood pressure
- ✗ Increases fat deposits in the arteries, causing narrowing and hardening of the arteries.



### Smoking and the endothelium



Research has found that smoking damages the endothelium cells and causes them to malfunction

As little as 2 cigarettes a day, doubles the number of endothelium cells damaged

When the endothelium is damaged its ability to protect you from heart problems, stroke and cancer is greatly reduced.

If you don't smoke... don't start...  
If you smoke... quit!

#### The Facts

Smoking is the most controllable risk factor for cardiovascular disease

Smoking shortens your life by at least 10 years

Smokers have 70% greater changes of developing heart disease and stroke

