

Smoking and your heart

When you smoke you are at higher risk of developing heart disease and having a heart attack

Smoking damages your heart

Smoking damages the coronary arteries (pipes) that supply blood to your heart.

This can cause the artery to narrow. It can also increase your risk of a blood clot or blockage, which can lead to a heart attack.

If you have already had a heart attack you are at higher risk of having another one.

Smoking can also contribute to:



High blood pressure



Cancer



Stroke



Male impotence



Circulation problems



Pregnancy issues (i.e. miscarriage)

Smoking is also bad for the people around you. Breathing in other people's smoke can increase their risk of developing heart and other problems.

Waterpipes and electronic cigarettes - the facts

Waterpipes (hookah, shisha, hubble bubble)

- Are not a safe alternative to cigarette smoking
- Release harmful substances into your lungs
- Have many of the same health risks as cigarette smoking
- Even the appealing fruit flavours are not good for you
- The equivalent of 100-200 cigarettes are inhaled in a one hour session

Electronic cigarettes (e-cigarettes)

The short and long term health effects and safety of e-cigarettes are still unknown and may be harmful.

Always speak to your doctor or health care provider to discuss options for quitting smoking.



How quitting can help your heart

Quitting is one of the best things you can do for your heart health.

As soon as you stop smoking your body starts to repair itself. After one year, your chance of having a heart attack is halved.

Tips

- ✓ Call Quitline (13 78 48) for support or ask your health care provider to refer you
- ✓ Talk to your doctor, nurse or pharmacist about nicotine replacement therapy and other options
- ✓ Pick a date to stop
- ✓ Don't give up. Quitting is hard. It can take many attempts
- ✓ Get your family and friends to support you

Are you taking medications?

Smoking and quitting smoking can affect the medications you are taking. Always talk to your pharmacist or doctor about your medication.

For support and advice

Call Quitline on 13 QUIT (13 78 48)

Visit www.quit.org.au

Or for text message support visit www.quit.org.au/QuitTxt



For heart health information

The Heart Foundation's Health Information Service provides information on heart health and support services. Call **1300 36 27 87** to speak with one of our health professionals.



For an interpreter

If you need an interpreter, call **131 450** and ask for the Heart Foundation or Quitline.



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