HOW SMOKING WITH HIGH BLOOD PRESSURE AND/OR HEART DISEASE AFFECTS YOU

**BRAIN:** Smoking can increase high blood pressure, depriving the brain of oxygen and making it harder to remember things. Smoking also increases your risk of stroke because less oxygen reaches your brain and heart.

**MOUTH:** Smoking increases your risk of dental disease and cancers of the mouth.

**LUNGS:** Smoking increases your risk of lung cancer and makes it harder to breathe and be active.

**BLOOD:** Smoking raises bad fat levels and lowers good fat levels in your blood; making heart medications less effective and leading to high blood pressure and other heart problems.

**HEART:** Smoking increases your risk of heart disease and heart attack; every time you smoke your blood pressure goes up.

**KIDNEYS:** Smoking increases your risk of having kidney disease.

**BLOOD VESSELS:** Smoking makes the arteries that carry your blood hard and narrow, increasing high blood pressure and the chances for heart attacks and strokes.

These effects not only increase problems with your blood pressure but may also lead to heart disease. Smoking with high blood pressure and/or heart disease puts you at even higher risk to have other health problems. Quitting smoking decreases your heart attack and stroke risk by half.
QUITTING SMOKING CAN:
• Lower your risk of having a heart attack or stroke
• Control your blood pressure
• Lower your chance of kidney problems
• Lower your risk of damaging your blood vessels, eyes, nerves and other organs
• Give you more energy!
• Leave you with fewer wrinkles
• Leave you with better smelling breath, hair and clothes
• Save loved ones from breathing in your second hand smoke

If you have high blood pressure, you can decrease your risk of getting heart disease if you quit smoking now. Quitting also keeps existing heart problems from getting worse.

QUIT TIPS:
• Write down your reasons for quitting!
• Ask a friend or family member to quit with you.
• If you have a craving, try sucking on hard candy or chewing gum.
• Keep your hands busy with something else - a straw, a pen, etc.
• Make smoke free rules for your home and car.
• Stay active! Take a walk, but not where others are smoking. Moving more will not only help your quit effort, but also will help you control your blood pressure.
• Find new ways to relax. Try sitting quietly and breathing deeply.
• Ask for help if you need it.

Talk to your health care provider if you have any questions or want help quitting. Your health care provider can talk to you about FDA approved quit smoking medications other than those offered through QuitLine.

Resources:
Heart Hub
Heart Hub is designed with the patient in mind and offers tools and resources for heart disease and stroke. It can help you find local resources, recipes and answers to regularly asked questions. Heart Hub is apart of the American Heart Association.
http://www.hearthub.org
1-800-AHA-USA1 (1-800-242-8721)

American Heart Association
http://www.heart.org

Family at Heart
Gives key facts about heart disease and lifestyle tips for you and your family to stay healthy.
http://www.familyatheart.org/

Colorado Chronic Disease Self-Management Collaborative:
Click on “Classes” at the top of this website to find classes throughout Colorado to help you manage your chronic disease, including high blood pressure. Some locations also offer Spanish-language courses.
http://selfmanagementcolorado.org/Contact.aspx
1-888-900-2629