TOBACCO USE, HIGH BLOOD PRESSURE & HEART DISEASE

You have a high risk of developing other health problems when you smoke with high blood pressure and/or heart disease.

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

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.

BRAIN
Smoking increases your risk of stroke.

BLOOD
Your blood pressure rises every time you smoke. Smoking makes heart medications less effective, because it raises bad fat levels and lowers good fat levels in your blood.

HEART
Smoking increases your risk of heart disease and heart attack.

KIDNEYS
Smoking increases your risk of having kidney disease.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

For more information, visit njhealth.org/quittobaccohelp