SMOKING BREAKS HEARTS.

CHALDEAN COMMUNITY FOUNDATION

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

Tobacco causes more than 3 million deaths from cardiovascular disease every year.

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 l lead to a heart attack.

THE BENEFITS OF BEING SMOKE-FREE START IMMEDIATELY.

After...

20 MINUTES your blood pressure starts to lower.

12 WEEKS it becomes easier for your heart to pump blood.

1 YEAR your risk of heart attacks falls to ½ of someone who smokes.

5-15 YEARS your risk of heart attacks drops to someone who never smoked.

CALL THE MICHIGAN TOBACCO QUITLINE FOR ASSISTANCE QUITTING TODAY!
1-800-784-8669