

Tobacco Use and Heart Health

We understand stopping tobacco use can be very hard. It is one of the **most important** things you can do for your health. We are here to help.

The American Heart Association says tobacco is the number 1 cause of preventable death in this country. Smoking, tobacco products and second-hand smoke are very harmful to your health.

Affects of Tobacco

- Increase in blood pressure
- Increase in heart rate
- The heart works harder
- Narrows all blood vessels in your body
- Increases the amount of plaque buildup in your blood vessels
- Lowers HDL (good) cholesterol level
- Blood will clot faster
 - This increases your chance for blood clots that can cause blockage in a blood vessel
- Increases risk of heart attack and stroke
- Carbon monoxide is a harmful substance in cigarettes/cigars
 - Causes lower oxygen in the blood
 - Leads to poor circulation
 - **Chest pain can occur due to the lack of oxygen reaching the heart muscle**
- Increases heart rhythm problems
- Increases chance of future heart attacks
- Long-term lung diseases can develop and you will live with them for the rest of your life. For example:
 - Chronic bronchitis
 - Emphysema

Quitting Tobacco Use and Lifestyle Change

Tobacco use is both an *addiction* and a *habit*.

Nicotine is an addictive drug.

- Reaches the brain in 7-10 seconds when inhaled
- Brings on feelings of pleasure and the desire for more tobacco

Tobacco use is also a *habit*.

- Can be hard to break
- Changing your daily patterns and triggers for tobacco use helps you lead a tobacco-free lifestyle

Always check with your doctor before using any nicotine replacements. Your healthcare provider may also suggest oral medicine to aid you in quitting. Research on ending tobacco use is that long term success can take place by combining therapy along with medicine or nicotine replacements.

Quit Smoking: Changes the Body Goes Through

Within 30 minutes of last cigarette

- Blood pressure drops to normal.
- Pulse rate drops to normal rate.
- Body temperature of hands and feet increases to normal.

8 Hours

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

24 Hours

- Chance of heart attack decreases.

48 Hours

- Nerve endings start re-growing.
- Ability to smell and to taste things is enhanced.

72 Hours

- Bronchial tubes relax, making breathing easier.
- Lung capacity increases.

2 Weeks to 3 Months

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30 percent.

1 to 9 Months

- Coughing, sinus congestion, fatigue and shortness of breath decrease.
- Cilia re-grow in lungs, increasing ability to handle mucous, clean the lungs, and reduce infection.
- Body overall energy level increases.

5 Years

- Lung cancer death rate for average smoker drops to 12 deaths per 100,000, almost that of non-smokers.
- Precancerous cells are replaced.
- Other cancers such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas decrease.
- There are 30 chemicals in tobacco smoke that cause cancer.

All benefits lost when you smoke just 1 cigarette a day.

Smoking

Smoking = Nicotine Addiction

1. Cigarette and other forms of tobacco are addicting.
2. Nicotine is the drug in tobacco that causes addiction.
3. The pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.

Withdrawal Symptoms

Quitting smoking brings about a variety of symptoms associated with physical and psychological withdrawal. Most symptoms decrease during the first few days of quitting. This continues at a slower rate during the 2nd and 3rd week of not smoking. For some people, coping with withdrawal symptoms is like "riding a roller coaster." Most symptoms pass within 2 to 4 weeks after quitting.

Symptom	Cause	Average Duration	Relief
Irritability	Body Craving for nicotine	2-4 Weeks	Walks, hot bath, relaxation techniques
Fatigue	Nicotine is a stimulant	2-4 Weeks	Take naps; do not push yourself
Insomnia	Nicotine affects brain wave function, influences sleep pattern; coughing and dreams about smoking are common	1 Week	Avoid caffeine after 6 p.m.; relaxation techniques
Cough, Dry Throat, Nasal Drip	Body getting rid of mucous which has blocked airways and restricted breathing.	A few days	Drink plenty of fluids; use cough drops.
Dizziness	Body is getting extra oxygen	1-2 days	Take extra caution; change positions slowly
Lack of Concentration	Body needs time to adjust to not having constant stimulation from nicotine	A few weeks	Plan workloads accordingly; avoid additional stress during first few weeks
Tightness in Chest	Probably due to tension created by body's need for nicotine; may be caused by sore muscles from coughing	A few days	Relaxation techniques, especially breathing
Constipation, Gas Stomach Pain	Intestinal movement decreases for a brief period	1-2 weeks	Drink plenty of fluids; add roughage to diet, (fruit, veggies, whole grain cereals).
Hunger	Craving for cigarette can be confused with hunger pang; oral craving, desire for something in the mouth	Up to several weeks	Drink water or low calorie liquids; be prepared with low calorie snacks
Craving for a Cigarette	Withdrawal from nicotine, a strongly addictive drug	Most frequent first 2-3 days; can happen occasionally for months or years	Wait out the urge. Urges last only a few minutes. Distract yourself. Exercise; go for a walk around the block.