

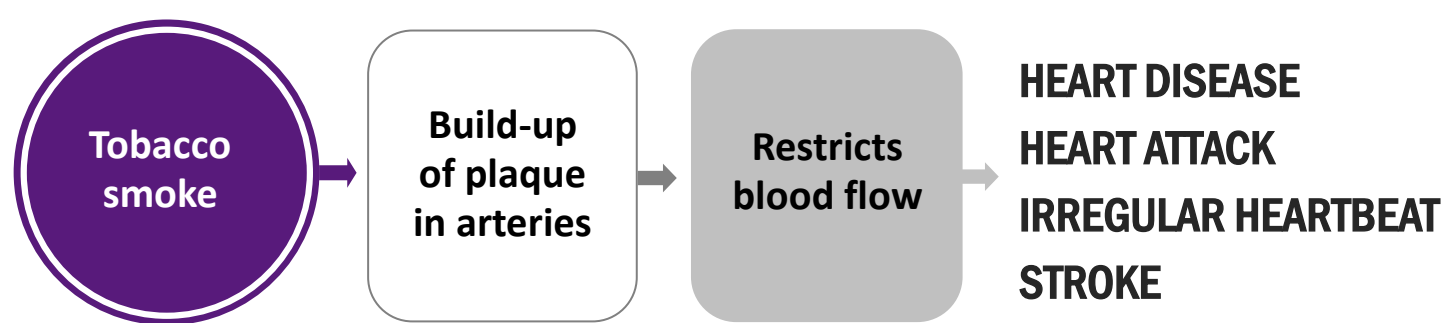
# Tobacco Use and Heart Disease

## *what's the link?*

### CAMH Nicotine Dependence Services Fact Sheets

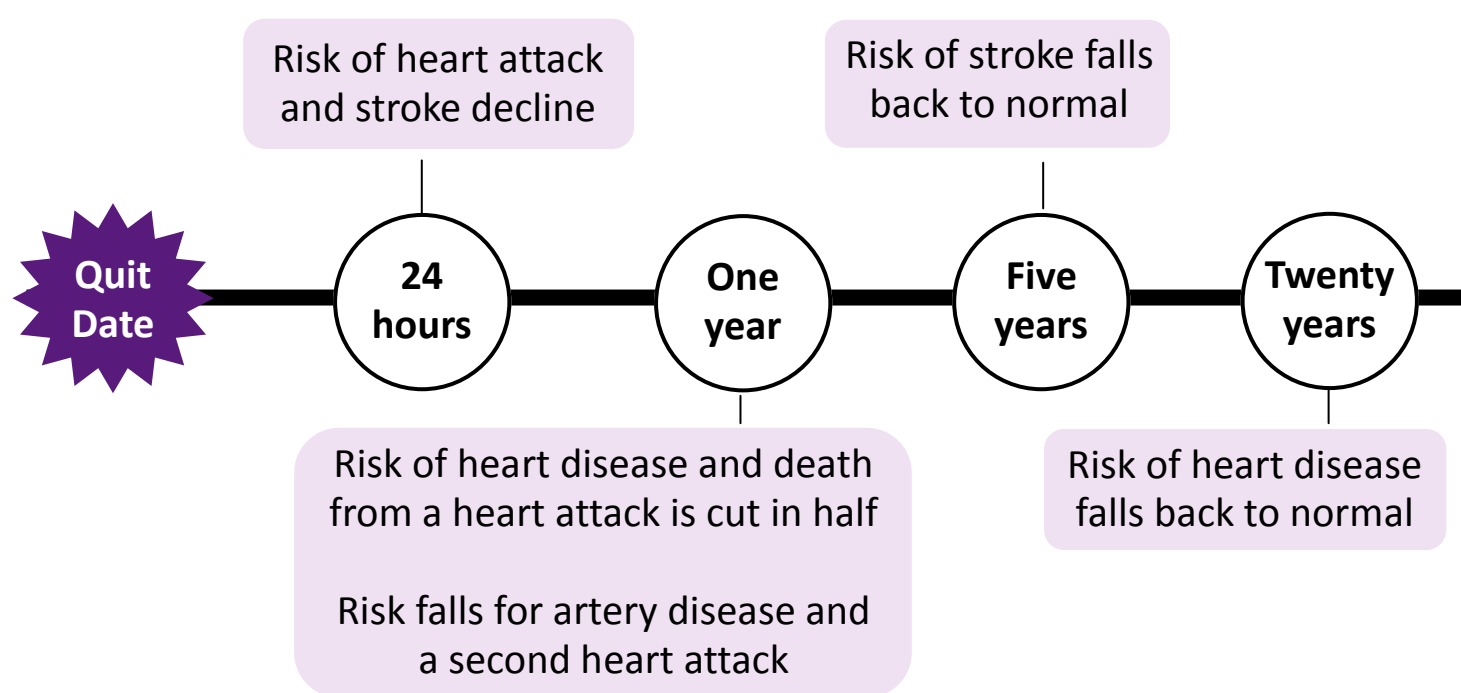
#### How does tobacco use cause heart disease?

One of every ten deaths by heart disease is due to tobacco use.



Tobacco use **triples** the risk of heart disease and heart attack, and **doubles** the risk of death from stroke.

#### Why should I quit using tobacco?



Quitting smoking also leads to a decline in risk of a second cardiac arrest and death from heart disease and irregular heartbeat.

#### How can I quit using tobacco?

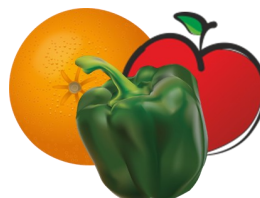
When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

#### Resources

- [Smoker's Helpline](http://18775135333.com) (1 877 513-5333)
- [Centers for Disease Control and Prevention](http://cdc.gov/tobacco) (cdc.gov/tobacco)
- [Tobacco Atlas](http://tobaccoatlas.org) (tobaccoatlas.org)



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