Tobacco Use & Heart Disease

what’s the link?

CAMH Nicotine Dependence Services Fact Sheets

How does my tobacco use cause heart disease?

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

Tobacco smoke → Build-up of plaque in arteries → Restricts blood flow → HEART DISEASE, HEART ATTACK, IRREGULAR HEARTBEAT, STROKE

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

Interested in learning more?
For more fact sheets, visit the Resources section at www.teachproject.ca.
Why should I quit using tobacco?

Quit Date

Risk of heart attack and stroke decline
Risk of stroke falls back to normal
Risk of heart disease and death from a heart attack is cut in half
Risk falls for artery disease and a second heart attack
Risk of heart disease and death from a heart attack is cut in half
Risk falls for artery disease and a second heart attack
Risk of heart disease falls back to normal

24 hours
One year
Five years
Twenty years

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 (1-877-513-5333)
- Centers for Disease Control and Prevention (www.cdc.gov/tobacco)
- Tobacco Atlas (www.tobaccoatlas.org)

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