

# Smoking

A risk factor for heart attack and stroke

Becoming smokefree is the best thing you can do for your heart.

THE BENEFITS OF  
BEING SMOKEFREE  
START IMMEDIATELY.

## AFTER...



Your blood pressure starts to **lower**



It is easier for your heart to pump blood

1 YEAR

Your risk of heart attack falls to  $\frac{1}{2}$  that of someone who smokes

$\frac{1}{2}$

**5-15 YEARS**

Your risk of heart attack drops to that of someone who has **NEVER** smoked



Talk to your doctor, nurse or pharmacist about options to help you quit.

