

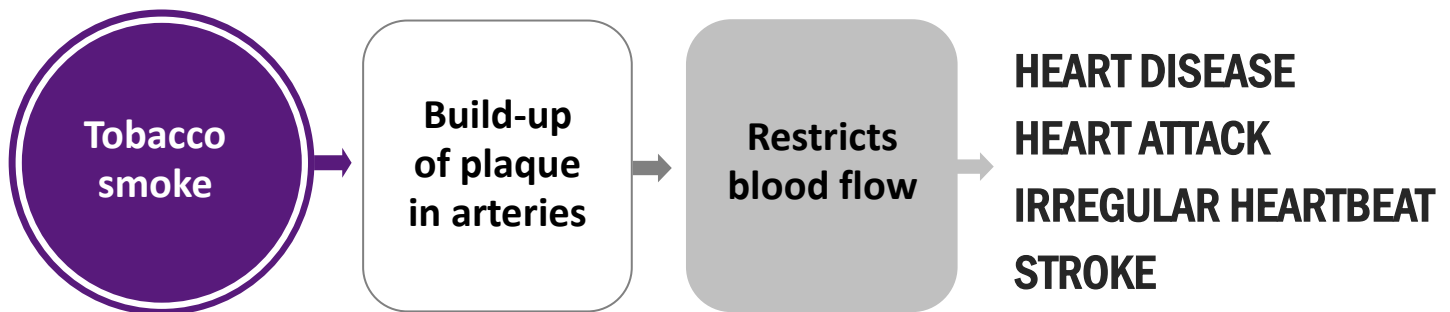
# Tobacco Use & Heart Disease

## *what's the link?*

CAMH Nicotine Dependence Services Fact Sheets

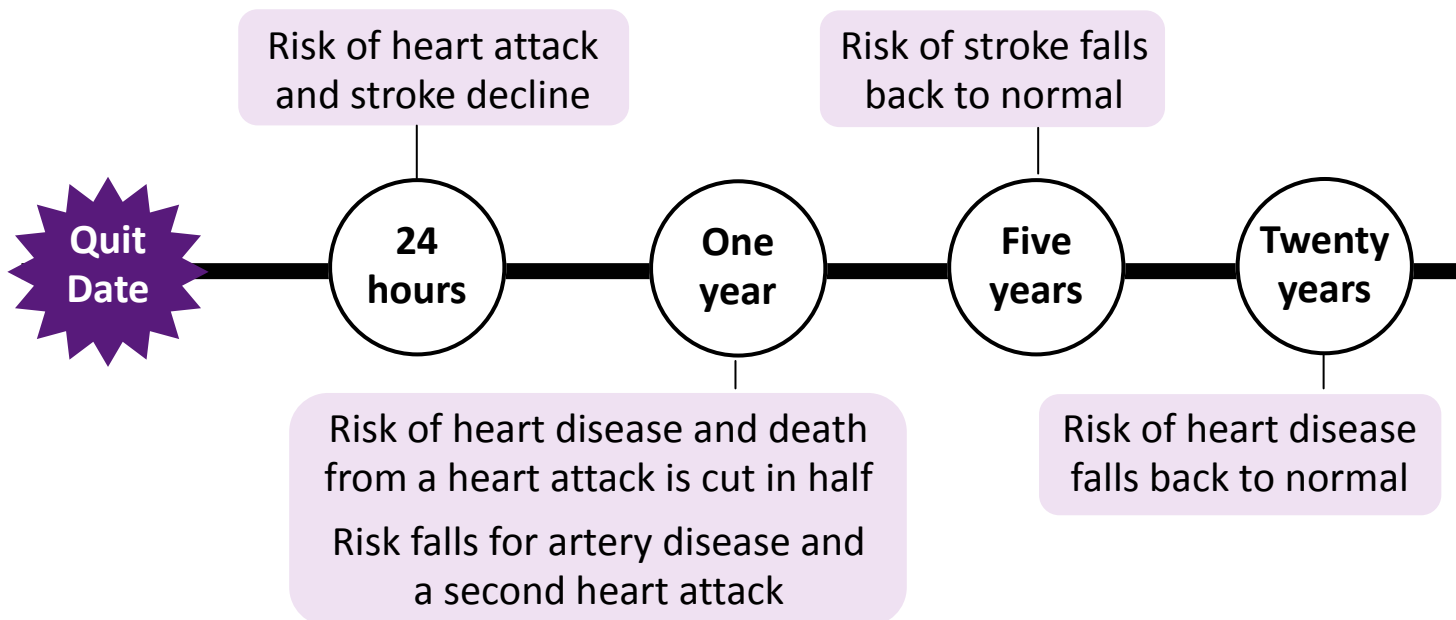
### How does my tobacco use cause heart disease?

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



Tobacco 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?

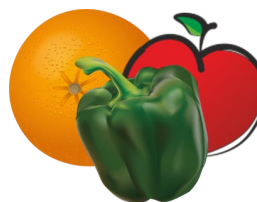
When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

## Resources

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