



AMERICAN
COLLEGE of
CARDIOLOGY


THE COST OF LIGHTING UP


November 2015

Smoking **increases the risk of dying from coronary heart disease** among middle-aged

Cigarette smoking is the **leading cause of preventable disease & death in the U.S.**

480,000+ deaths/year, or
1 out of every 5 deaths

 **men**
by almost **4x**

 **women**
by almost **5x**



can have early signs of

heart disease

Secondhand smoke
causes **33,951 deaths** from heart disease
per year in the U.S.



If smoking continues at the current rate among the young population,

5.6 million Americans **younger than 18**
are expected to **die prematurely** from smoking

Quitting time

20 mins: blood pressure and pulse return to normal; circulation improves

8 hrs: blood oxygen levels increase and the chances of a heart attack start to fall

5 yrs: the risk of a heart attack falls to about half that of a smoker

15 yrs: the risk of heart disease becomes nearly the same as someone who has never smoked



Worldwide
tobacco causes some
6 million diseases a year