

**Week 7**

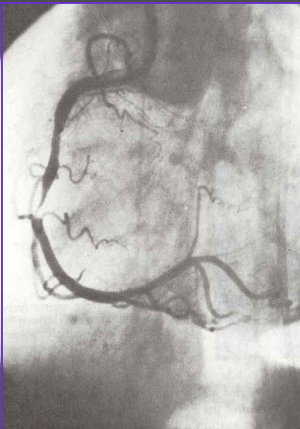
## **Quit Smoking**



### **How smoking effects your blood pressure**

- Nicotine, one of thousands of chemicals found in cigarettes, causes the blood vessels to constrict.
  - This narrowing of the vessels increases blood pressure.
  - Smoking is a major cause of Coronary Artery Disease (Hardening of the Arteries)

The image on the left shows a coronary artery (blood vessel supplying the heart) with a tight narrowing. This is often found in smokers.  
The image on the right is a normal artery with no narrowing.



*Smoking cessation produces immediate and long term benefits. There is a substantial decrease in the risk of a heart attack within 1 year of cessation!*

Kicking a smoking habit may not be easy, but it is worthwhile. The benefits of quitting are numerous!

- **Improved tolerance of exercise.**
- **Reduction in the risk of developing lung cancer, bladder cancer and heart disease.**