

AMERICAN HEART MONTH

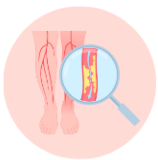
How Smoking Affects Your Heart



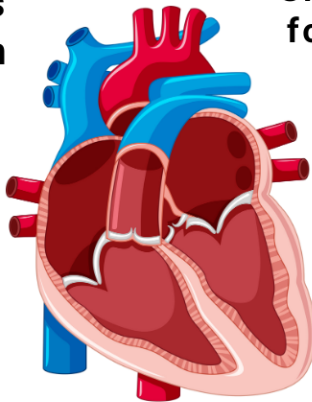
Smoking causes blood to thicken and clot



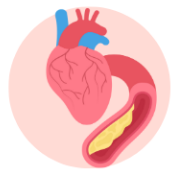
Smoking increases the risk of stroke



Smoking causes peripheral artery disease



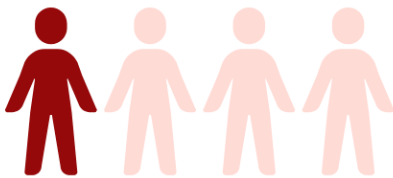
Smoking increases the formation of plaque in the heart and blood vessels



Smoking causes damage to the aorta



Smoking raises the risk of heart attack



Cardiovascular disease is the leading cause of death in the United States. 1 in 4 deaths from cardiovascular disease is caused by smoking.

Quitting smoking is the best thing you can do for your heart.

