

PROTECT YOUR HEART THIS FEBRUARY

Quit Smoking

February 5, 2021– This February marks the 56th consecutive American Heart Month. American Heart Month is a time to remember the hundreds of thousands of Americans that die every year due to heart disease and to raise awareness that by making healthy choices, 80% of heart diseases can be prevented.

Heart disease is a generic term referring to multiple conditions affecting the heart or blood vessels. Some of these conditions include coronary heart disease, hypertension, heart attack, stroke, and aneurysms.

Of the 630,000 heart disease deaths per year, roughly 20% are due to cigarette smoking. Cigarette smoking is the leading cause of preventable disease and death in the United States and a major cause of heart disease. It can harm nearly every part of the body, including the ability to deliver oxygen-rich blood to the heart and other organs.

Smoking can:

- Raise triglycerides (a type of fat in your blood).
- Lower “good” cholesterol (HDL).
- Make blood sticky and more likely to clot, which can block blood flow to the heart and brain.
- Damage cells that line blood vessels.
- Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in blood vessels.
- Cause thickening and narrowing of blood vessels.

“The best way to protect your heart from smoking-related disease and death is to never start using cigarettes. However, if you are already a smoker, the earlier you can quit, the better,” said Angie Gullekson, Tobacco Treatment Specialist for District Health Department #10.

Quitting smoking benefits your heart and cardiovascular system now and in the future:

- 20 minutes after you quit smoking your heart rate drops.
- 12 hours after quitting, the carbon monoxide level in your blood drops to normal, allowing more oxygen to vital organs, like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.

Reduce your risk of preventable heart diseases and premature death by quitting today. Visit <https://www.livewell4health.org/tobacco-cessation> to learn more or call the Michigan Tobacco Quitline at 1-800-Quit-Now (784-8669).

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healthdept10

MICHIGAN TOBACCO QUITLINE



1.800

Quit.Now

784.8669

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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