

# Smoking

## and Heart Disease and Stroke

Smoking is a major risk factor for heart disease – the number-one cause of death in Missouri. It is also a serious risk factor for stroke – the state's third leading cause of death.

Smoking interferes with the normal functioning of the heart, blood and vascular system. If you smoke, you increase your risk of having a heart attack or stroke.

In Missouri, 24.9 percent of adults smoke, the fourth highest rate in the United States.<sup>1</sup>

### The costs of smoking in Missouri

In 2007 in Missouri, 9,362 people died due to tobacco-related disease, primarily cancer, heart disease, stroke and respiratory illness.<sup>2</sup>

Health care costs in the state related to smoking totaled \$2.24 billion in 2007. Indirect costs, including lost productivity, was \$2.6 billion.<sup>2</sup>

### The effects of secondhand smoke

Secondhand smoke is also a significant risk factor for heart disease and stroke.

Nonsmokers who breathe secondhand tobacco smoke at home or work have a 25 to 30 percent greater chance of developing heart disease, the U.S. Surgeon General reports.<sup>3</sup>

#### Data Sources:

1. Behavioral Risk Factor Surveillance System, 2008
2. Tobacco State, Missouri Department of Health and Senior Services
3. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, U.S. Department of Health and Human Services

More information can be found at:

- [www.dhss.mo.gov/SmokingAndTobacco/](http://www.dhss.mo.gov/SmokingAndTobacco/)
- [www.dhss.mo.gov/HeartDisease/](http://www.dhss.mo.gov/HeartDisease/)
- [www.dhss.mo.gov/Stroke/](http://www.dhss.mo.gov/Stroke/)



### Take steps to quit

Quitting smoking can be difficult, but there are a number of steps that can help smokers quit successfully:

- Get support and encouragement. Tell your family, friends and co-workers you are quitting.
- Get ready. Set a date to quit and stick to it. Think about past attempts to quit smoking and what worked and what didn't.
- Learn new skills and behaviors. Change your routine, reduce stress, plan something enjoyable each day, drink lots of water and other fluids.
- Talk with a health care provider about nicotine replacement gum, inhaler, lozenge, nasal spray or patch.
- Be prepared for a relapse or difficult situations. Avoid alcohol, eat healthy foods and stay active.
- Call the **Missouri Tobacco Quitline at 1-800-QUITNOW (1-800-784-8669)** for telephone counseling and information that can help you quit smoking.

