

Chapter 6: Tobacco Use

You can help your heart by living a healthy lifestyle.

People who smoke cigarettes are 2 to 4 times more likely to develop heart disease than people who do not smoke. They are at an increased risk for heart attack, stroke, circulatory problems, cancer and lung disorders.

What's In Tobacco

Did You Know

Smokeless tobacco contains *a lot* of sugar. This can make it harder to control your glucose levels.

Nicotine has effects like both caffeine (“upper”) and alcohol (“downer”).

Cigarette smoke contains more than 7,000 chemicals. More than 70 can cause cancer.

Tobacco products include cigarettes, electronic nicotine delivery systems (ENDS, includes e-cigarettes), cigars, smokeless tobacco (dip or chew), hookahs, pipes, roll-your-own, and oral nicotine products.

Using tobacco exposes your body to chemicals such as:

- benzene (fuel additive)
- formaldehyde (embalming fluid)
- cyanide and arsenic (poisons)
- methanol (wood alcohol)
- acetylene (fuel)
- ammonia (cleaning fluid)
- acetone (nail polish remover)
- carbon monoxide (poisonous gas).

Did You Know

E-cigarettes can cause many harms to your body such as rapid heart rate, abnormal heart rhythms, asthma attacks, seizures, lightheadedness, vomiting and nausea.

E-cigarettes

- E-cigarettes are known by many names such as e-cigarettes, e-cigs, vapes and electronic nicotine delivery systems (ENDS).
- These products use an “e-liquid” found in pre-filled or refillable cartridges, disposables or pods.
- The liquid is heated to create an aerosol that the user breathes in. The heat can turn some of the chemicals into known cancer-causing chemicals.
- Private and federally-funded tests found many of the same chemicals in ENDS products that make cigarettes so dangerous.
 - benzene (found in car exhaust)
 - heavy metals (nickels, tin, lead)
 - arsenic (found in rat poison)

- formaldehyde (used to preserve dead tissue)
- glycerin and glycol (used in antifreeze).

Testing has also found chemicals known to cause cancer in humans and scarring in the lungs.

- E-cigarettes are not safe. E-cigarettes are a tobacco product.
- The U.S. Food and Drug Administration (FDA) is starting to regulate ENDS products. This is a slow process.
- The FDA has not approved e-cigarettes as a way to quit smoking.

What Tobacco Does To Your Heart

Did You Know

Tobacco use is the most preventable cause of death in the U.S.

Cigarette smoking is the most common form of nicotine addiction in the U.S.

Tobacco use is especially dangerous to your blood vessels and arteries. It can cause atherosclerosis, a build-up of plaque (fatty substances found in your blood). Over time, the plaque hardens and narrows your blood vessels and arteries.

Smoking also makes the blood vessels and arteries sticky. This leads to “obstructions” in blood flow, meaning that your blood cannot flow easily. The side effects of using tobacco can result in needing stents, coronary artery bypass surgery or both to keep your blood vessels and arteries open. It can also lead to heart attack or stroke.

Tobacco use:

- causes heart disease and stroke
- increases your heart rate
- increases your blood pressure
- lowers your good (HDL) cholesterol
- can cause irregular heart beats
- makes your heart work harder (adding stress to scarred or weakened blood vessels and arteries)
- can interfere with how well your heart medicines work
- causes heartburn and peptic ulcers
- can delay healing from surgery.

A damaged heart has to try to cope with the effects of tobacco. Quitting smoking and avoiding secondhand smoke can help reverse heart and blood vessel damage and reduce your heart disease risk.

What Secondhand Smoke Does To Your Body

Did You Know?

Secondhand smoke has more than 7,000 chemicals. Hundreds of those are toxic and about 70 can cause cancer.

Source: Centers for Disease Control & Prevention

Secondhand smoke is a mixture of smoke coming from the burning tips of cigarettes, pipes and cigars and smoke exhaled by someone who is smoking.

Anyone around secondhand smoke breathes in the chemicals from the tobacco smoke. Secondhand smoke causes death and disease in people who do not smoke.

No amount of secondhand smoke is safe. The only way to protect your family from secondhand smoke is to live in a smoke-free environment.

How Your Body Heals After Quitting Smoking

Did You Know?

In 1 year of quitting smoking, your risk of heart disease is reduced by more than half. Quitting also reduces the risk of a second heart attack if you've already had one.

Source: National Institutes of Health

The benefits of quitting happen right away and last for many years.

- **8 hours:** The carbon monoxide level in your blood drops to normal. The oxygen level in your blood increases to normal.
- **24 hours:** Your chance of a heart attack decreases.
- **48 hours:** Nerve endings start to grow again. Your senses of smell and taste improve.
- **2 weeks:** Your circulation improves and your lung function increases.
- **1 to 9 months:** Your cough, stuffy nose, and shortness of breath decrease. Your energy level increases.
- **1 year:** Your chance of heart disease is cut in half.
- **5 years:** Your chance of a stroke is the same as a nonsmoker. Your chance of dying from lung cancer is cut in half.
- **5 to 10 years:** Normal cells replace pre-cancerous cells.
- **10 years:** Your risk of cancer, stroke, and heart disease is close to the same of someone who has never used tobacco.

Source: World Health Organization

Quitting Tobacco Use

Quitting may be hard but it is not impossible. To get help quitting, talk with a member of your health care team.

Preparing to quit

- Instead of looking at quitting as success or failure, remember that every effort to quit is another practice at living your life without tobacco.
- The good news is there are many ways to quit. It's important to choose methods that appeal to you.
- Talk with your health care provider about medicines that may help you quit tobacco.
- Track your triggers to get a better idea of what situations, emotions or both make you want to use tobacco.
- Talk with your family, friends or coworkers about how to support you while you quit. Be specific. See if others would like to quit with you.
- Plan your reward for each day you don't smoke. Keep them easy, and affordable. And above all, do them!.

Actually quitting

- Make your home and vehicle a tobacco-free zone. Give yourself a "safe place."
- Change your environment to help reduce cravings.
 - Get rid of all cigarettes and chewing tobacco.
 - Throw away your ashtrays and lighters.
 - If you're having withdrawal symptoms or cravings, try to avoid smoke-filled places and people who use tobacco.
- Make a plan for situations that trigger you to use tobacco.
- Think positively. Believe you can quit. Tell yourself: "I can do this!"
- Get enough rest.
- Take it one day at a time. Any step you take without tobacco is going to help you. Small steps are better than nothing!

Remember: most cravings last only 3 to 5 minutes ... so wait it out! The craving will go away whether you use tobacco or not!

Quitting aids

Medicines are proven to be helpful and increase your chance of long-term success.

Talk with your doctor about which way(s) to quit may help you the most.

- Over-the-counter products include nicotine gum, nicotine lozenge and the nicotine patch.
- Prescription products include Zyban®, nicotine nasal spray, nicotine inhaler.

Resources For Quitting



Product-specific Resources

- financial aid Nicotrol® inhaler
 - 1-844-989-PATH (7284)
 - pfizerrxpathways.com
- Plant Extracts aromatherapy
 - 1-877-999-4236
 - plantextractsinc.com

***There may be a cost to you. Check with your insurance provider.**

Allina Health (if you had a recent hospital stay)

- Tobacco Intervention Program at Abbott Northwestern Hospital
 - 612-863-1648
- Tobacco Intervention Program at Mercy Hospital
 - 763-236-8008
- Tobacco Intervention Program at River Falls Area Hospital
 - 715-307-6075
- Tobacco Intervention Services at Allina Health United Hospital – Hastings Regina Campus
 - 715-307-6075
- *United Hospital Lung and Sleep Clinic Tobacco Cessation Program
 - 651-726-6200
- *Penny George™ Institute for Health and Healing (LiveWell Center) tobacco intervention coaching
 - 612-863-5178

Other

- Quit Partner
 - 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
 - My Life, My Quit™ (ages 13 to 17): text “Start My Quit” to 36072 or call 1-855-891-9989 to talk with a coach
 - American Indian: 1-833-9AI-QUIT or aiquit.com
 - Spanish: 1-855-DEJELO-YA (1-855-335-3569) or quitpartnermn.com/es
 - asiansmokersquitline.org

- online tobacco cessation support
 - smokefree.gov
- American Lung Association/Tobacco Quit Line
 - 651-227-8014 or 1-800-586-4872
- *Mayo Clinic Nicotine Dependence Center's Residential Treatment Program
 - 1-800-344-5984 or 1-507-266-1930

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