American Heart Association®
Learn and Live℠

SMOKING AND CARDIOVASCULAR DISEASE IN MEN

- 27% of all strokes suffered by men are attributable to smoking, while only 4% of strokes suffered by women can be attributed to smoking.
  [Tuomilehto et al. 1991]
- Environmental tobacco smoke (ETS) exposure causes significant thickening of the carotid artery walls in men.
  [Howard et al., 1994]

SMOKING AND CARDIOVASCULAR DISEASE IN WOMEN

- Cigarette smoking doubles the risk of coronary heart disease in women. Heart disease risk from smoking has been shown to be greater for women than for men.
  [Prescott, 1988]
- Smoking causes women to lose the cardioprotective benefits of female hormones, thereby increasing risk of heart disease.
  [Bolego et al., 2002]
- More than 40 percent of all CHD among women younger than 65 years old is attributable to smoking. As much as two-thirds of all CHD among women under 50 years old may be caused by smoking. More than half of all stroke deaths among women under 65 years of age are attributable to smoking.
  [U.S. DHHS, 1989, 2001]
- Stroke risk for middle-aged women increases with the number of cigarettes smoked per day.
  [Kawachi, 93]
- Despite the fact that men suffer more abdominal aortic aneurysms than women, the association between AAA is stronger for women than it is for men.
  [Blanchard, 1999, 2000; Vardulaki, 1999; Pleumeekers, 1995]
- Women who are exposed to ETS at home have a 23%-24% increased risk of cardiovascular disease.
  [Thun et al., 1999; He et al., 1999]

American Heart Association • Office of Public Advocacy, 1150 Connecticut Ave., NW, Suite 300 Washington, DC 20036
202.785.7900 • Fax 202.785.7950 • americanheart.org

- A Clean Indoor Air ordinance in Helena, MT produced a 55% decrease in hospital admissions for acute myocardial infarction over a six-month period.
  ["Immediate Reduction in Acute Myocardial Infarctions After the Implementation of a Comprehensive Smokefree Ordinance", Presented to the 52nd Annual Scientific Sessions of the American College of Cardiology, March 30 – April 2, 2003]
- Women who are exposed to ETS at home have a 23%-24% increased risk of cardiovascular disease.
  [Thun et al., 1999; He et al., 1999]
- Exposing a spouse to ETS from 20 cigarettes a day results in a 58% increased risk of heart attack.
  [Rosenlund, 2001]
- Exposure to ETS impairs cardiac performance, especially in heart attack survivors.
  - ETS exposure decreases time to exhaustion in aerobic activity and increases post-exercise recovery time for everyone.
    [Leone et al., 1991; Glantz and Parmley, 1995]
  - For heart attack survivors, exposure to ETS also results in a 33% decrease in peak exercise power.
    [Leone et al., 1991]

EVEN BRIEF EXPOSURE TO ETS IS HARMFUL TO YOUR HEART

- 5 minutes of ETS exposure is equal to smoking one cigarette.
- 20 minutes of ETS exposure does as much damage as smoking a pack a day.
  - 20 minutes of ETS exposure activates clot-forming platelets in non-smokers as much as smoking a pack a day would, increasing the chances of a heart attack or stroke.
- 30 minutes of ETS exposure results in stiffened, clogged arteries.
  - A half-hour of breathing ETS stiffens non-smokers arteries as much as smoking a pack a day would. Thirty minutes of breathing ETS also reduces the body's ability to manage LDL cholesterol for several hours after exposure.
- 2 hours of ETS exposure produces a greater risk of irregular heartbeat.
  - Two hours of ETS exposure results in an increased heart rate as well as increased chances of developing an irregular heartbeat (arrhythmia) which could be fatal or could trigger a heart attack.

  [University of California, www.tobaccoscam.com]

American Heart Association • Office of Public Advocacy, 1150 Connecticut Ave., NW, Suite 300 Washington, DC 20036
202.785.7900 • Fax 202.785.7950 • americanheart.org