

Cardiovascular Health in Missouri



The heart of the matter . . .

Smoking is a major risk factor for developing cardiovascular disease. If you smoke, you have an increased risk for having a heart attack or stroke.

Did you know?

- ♥ Smoking is Missouri's leading cause of premature death and preventable disease.
- ♥ More than 23 percent of Missouri adults smoke, the 11th highest rate in the United States.
- ♥ Secondhand smoke is a significant risk factor for heart disease. As little as 30 minutes exposure can cause blood vessels to stiffen, blood platelets to become sticky and make the heart work harder.



The costs of smoking in Missouri

Almost 10,000 Missourians died due to tobacco-related diseases in 2005, most due to cardiovascular and respiratory illness. Direct medical costs attributed to smoking in Missouri totaled more than \$2.13 billion in 2005.

Steps to stop smoking

- Get support and encouragement. Tell your family, friends and co-workers that you are quitting.
- Get ready. Set a date and stick to it. Think about past attempts. 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.
- Get medication and use it correctly. Talk with your health care provider about nicotine replacement gum, inhaler, lozenge, nasal spray or patch.
- Be prepared for relapse or difficult situations. Avoid alcohol, eat healthy and stay active.
- Call the Missouri Tobacco Quitline at 1-800-QUITNOW (1-800-784-8669) for telephone counseling and resource materials to help smokers quit.

Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. The Toll of Tobacco Sources - <http://tobaccofreekids.org>

Tobacco Use



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