QUIT SMOKING





It harms nearly EVERY ORGAN in your body, including your HEART

Smokers are
UP TO 6X
MORE LIKELY
to have a heart
attack than
non-smokers

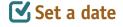




- IRREGULAR HEARTBEAT
- THICKENED AND NARROWED BLOOD VESSELS
- PLAQUE BUILDUP IN THE ARTERIES











- Remind yourself why you're quitting
- Avoid activities or places that make you want to smoke



Make it public







- **✓** Take advantage of the tools and resources available at *CardioSmart.org* and get help at 1-800-QUITNOW
- Don't give up: Slips are often part of the process
- **☑** Celebrate small successes



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

For more information, visit WMCHealthAPS.com/Heart

