

Tobacco Use and Heart Disease Fact Sheet

While smoking cigarettes has been labeled “the single most preventable cause of disease and deaths in the United States” by the Surgeon General, smokeless tobacco should not be considered a safe alternative to cigarettes. No forms of tobacco are safe. All forms of tobacco use increase risk factors associated with coronary heart disease. (5)

Key Tobacco Use and Heart Disease Statistics

- As many as 30 percent of all deaths in the United States each year from heart attack are attributable to cigarette smoking (2)
- Smoking-caused heart disease results in more deaths per year than smoking-caused lung cancer (4)
- Tobacco use increases blood pressure and risk of stroke (1)
- Women who smoke and use oral contraceptives greatly increase their risk of heart attack and stroke (4)
- Smokers’ risk of a heart attack is two to four times greater than that of non-smokers (3)
- One year after quitting smoking risk of heart attack decreases to half that of a continuing smoker (5)
- Five years after quitting smoking risk of stroke is reduced to that of people who have never smoked (5)
- Fifteen years after quitting smoking risk of heart attack is similar to that of people who have never smoked (5)

For more information on the correlation between tobacco use and heart disease please visit www.cdha.org or see your local dental hygienists. For information on tobacco cessation please visit www.askadviserefer.org.

References:

1. American Heart Association, Inc., Cigarette Smoking and Cardiovascular Disease, July 18, 2005)
2. American Heart Association, Inc., Circulation, 1997; 96:3243-3247, “Cigarette Smoking, Cardiovascular Disease, and Stroke A Statement for Healthcare Professionals From the American Heart Association, 1997
3. American Heart Association, Inc., Risk Factors and Coronary Heart Disease, July 18, 2005
4. U. S. Department of Health and Human Services, State Cardiovascular Disease Highlights, 1997, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1997
5. U.S. Surgeon Generals Report, Department of Health and Human Services 2004