

Heart Disease and Smoking

Know the Facts:

- Smoking decreases HDL (good) cholesterol. This increases the risk for atherosclerosis, which is the hardening and narrowing of blood vessels delivering oxygen to the heart.
- Smoking increases blood pressure, decreases exercise tolerance, increases the tendency for blood to clot, and can decrease sexual functioning.
- Smoking increases the risk of coronary artery disease, which may lead to complications such as heart attack.
- One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.



"Cigarettes are killers that travel in packs." Beth Dees, Tobacco treatment Specialist at Ability 1st

Source: "Heart Disease and Stroke." *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 27 Nov. 2012. Web. 03 Sept. 2013.

Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

When you are ready to quit, we are ready to help!

Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit www.alectobacco.com to find classes



Center	County	Address/Phone
Ability 1 st	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

www.AHECtobacco.com

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.
I Quit with AHEC.