

Advice for Smokers with Heart Failure:

Quit

Why Is Smoking Unhealthy for the Heart?

Everyone knows that smoking is bad for the lungs. But we often don't think about how smoking affects the heart.

Even for a healthy person, smoking increases the chances of getting heart failure. It also can lead to heart attacks, strokes, high blood pressure, and sudden death. For those who have heart failure already, smoking greatly increases these risks.

Why Should You Quit?

When you stop smoking, you can cut your risk of developing heart failure in half. Even if you have smoked for a long time, quitting now will allow you to live longer and have a better quality of life.

If you already have heart failure, quitting smoking helps you more than heart failure medications or therapy.

There are other benefits as well. When you stop smoking, you decrease the chance of getting cancer, emphysema (em fuh SEE muh), bronchitis (bron KYE tis), high blood pressure, and stomach ulcers.

Where Can You Get Help?

If you are ready to quit, ask your doctor about treatments that can help you. Nicotine patches and nicotine gum help some people stop.

Remember that few people quit for good the first time they try, so keep at it. It is worth the effort. Your life depends on it.

Glossary

Term	Pronunciation	Definition
Bronchitis	bron KYE tis	An inflammation of the air passages between the nose and the lungs
Emphysema	em fuh SEE muh	A chronic respiratory disease where there is over-inflation of the air sacs in the lungs, causing a decrease in lung function