

What's important to you?

Smoking

A risk factor for heart attack and stroke

If you quit smoking you could:



Live longer



Breathe easier



Save money



Have better skin

REMEMBER that smoking is only one of the risk factors for heart attack and stroke. Ask your doctor or nurse what your overall risk is.

MY RISK of heart attack or stroke in the next five years is:

Low Medium High %

CHOICES YOU CAN MAKE TO LOWER YOUR RISK OF HEART ATTACK & STROKE



Stop smoking



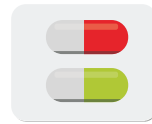
Make heart healthy eating and drinking choices



Move more



Lose weight



Take medications

The *Lowering your risk of heart attack and stroke* booklet, is available on heartfoundation.org.nz or by phoning 0800 863 375

For more information, personal stories and videos, search 'stop smoking' on our website: heartfoundation.org.nz

Becoming smokefree is the best thing you can do for your heart.

If you smoke you are four times more likely to die of heart disease than a non-smoker.

THE BENEFITS OF BEING SMOKEFREE START IMMEDIATELY.

AFTER...



Your blood pressure starts to **lower**



It is easier for your heart to pump blood

1 YEAR

Your risk of heart attack falls to $\frac{1}{2}$ that of someone who smokes

$\frac{1}{2}$

5-15 YEARS

Your risk of heart attack drops to that of someone who has **NEVER** smoked



Smoking is only one of the risk factors for heart attack and stroke. Ask your doctor or nurse what your overall risk is.

How do you feel about **stopping?**



Visit smokefree.org.nz to find local stop smoking services.

You are more likely to successfully stop smoking if you get help. Using stop smoking services and medications can double your chances of being smokefree in the long-term.



Talk to your doctor, nurse or pharmacist about options to help you quit.

What about e-cigarettes?

Current research suggests vaping (or use of e-cigarettes) is a less harmful alternative than conventional cigarettes and can help you quit.

Quit and you'll save a heap

If you smoke 10 cigarettes each day, you could save more than \$4,600 a year.

If you're thinking about or already taking complementary therapies, talk to your doctor or nurse about these.

Questions you might like to ask

- **What** Māori and Pacific support is available?
- **How much** is this going to cost? How much will I save?
- **Can I** cut down on cigarettes before I stop?
- **What** are my chances of stopping smoking on my own?
- **What** are my chances of stopping if I have tried before?

My next step is: _____

