

Session 10

Stopping smoking

People who smoke are **almost twice as likely** to have a heart attack as people who have never smoked.

Damages the lining of the **arteries**

May increase tendency of blood to **clot**

Carbon monoxide in tobacco smoke **reduces oxygen** in the blood

Nicotine stimulates the body to produce adrenaline, **increasing the heart rate** and raising **blood pressure**

Causes fatty material (atheroma) to build up in the artery walls, **restricting blood flow**

