



Vilas County Public Health Department

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World Heart Day is September 29

14% of Cardiovascular Disease (CVD) deaths in Wisconsin are caused by smoking cigarettes (The Burden of Tobacco in Wisconsin, 2015). That is one of the many reasons for tobacco users to think about quitting.

Just by itself, cigarette smoking increases your chance of coronary heart disease. When it acts with other things, such as poor eating habits, chances become higher. Smoking can increase your blood pressure, lower your ability to do physical activities, and increase blood to clot. Smoking also increases the chances of coronary heart disease happening again after bypass surgery.

Secondhand smoke can lead to heart disease. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 33,000 U.S. nonsmokers die every year from coronary disease caused by exposure to secondhand smoke.

As damaging as smoking can be to the heart, quitting tobacco use can also be incredibly beneficial to one's heart health.

- In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
- One year after quitting smoking, a person's excess risk of coronary heart disease is reduced by 50 percent.
- After 15 years your risk of coronary heart disease is the same as a non-smoker's.

To recognize World Heart Day, think about quitting or setting a quit date. The Wisconsin Tobacco Quit Line (1-800-QUIT NOW) is available to help those ready to give up tobacco use. Since it was established in 2001, the Quit Line has helped more than 200,000 callers.

Vilas County Public Health Department is part of the Northwoods Tobacco-Free Coalition that serves Oneida, Vilas, Forest, Florence, Price and Lincoln counties. Together these six counties work to address tobacco related health concerns within the community.

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