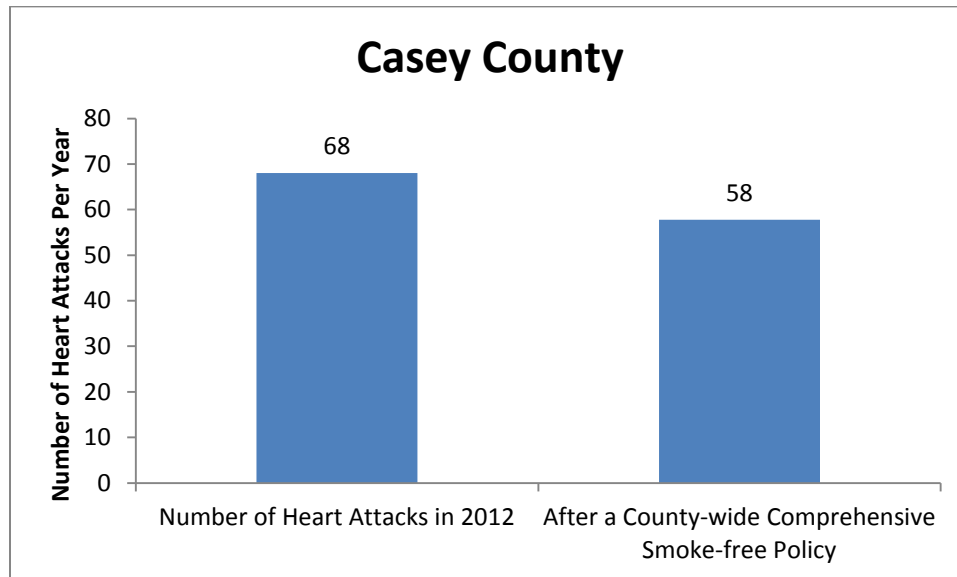# Smoke-free Casey County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Casey County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **10** fewer heart attacks.[1,2]

Casey County

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.[3]

    o In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.[4]

    o In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.[4]

    o After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).[4]

- The fine particles in secondhand smoke are linked to heart attacks.[3]

- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.[5]

1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation,*2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Casey County.* Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA.* 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General.* Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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