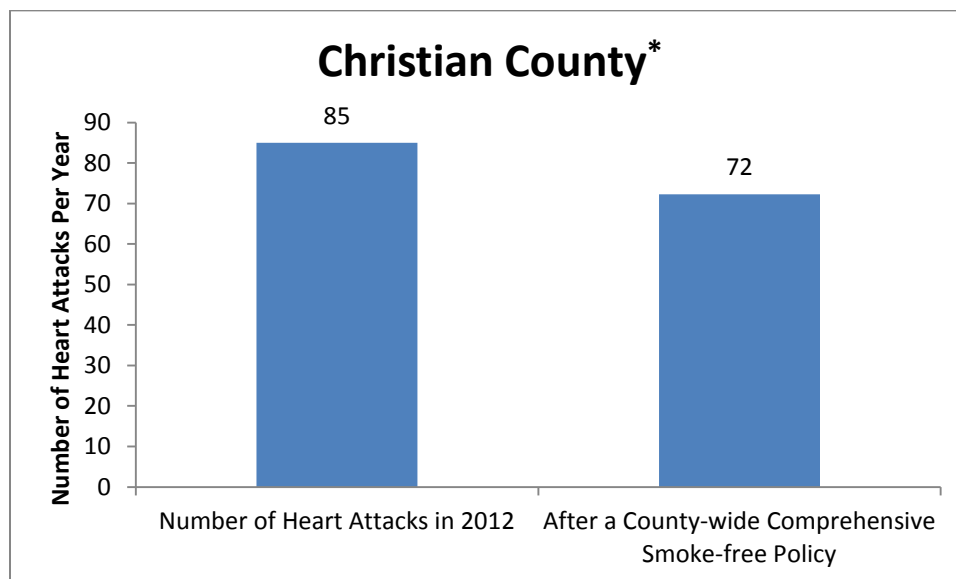


Smoke-free Christian County Will Save Lives by Reducing Heart Attacks

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

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **13** fewer heart attacks.^{1,2}



*Hopkinsville and Oak Grove have smoke-free ordinances; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - 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

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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.

For more information, contact the Kentucky Center for Smoke-free Policy University of Kentucky College of Nursing, (859) 323-4587 or www.kcsp.uky.edu.

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