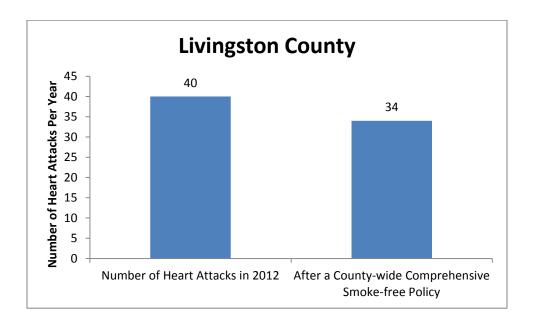
## Smoke-free Livingston County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smokefree policy in Livingston County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated 15%; approximately 6 fewer heart attacks.<sup>1,2</sup>



## **Secondhand Smoke Exposure and Heart Attacks**

- Even brief exposure to secondhand smoke can trigger a heart attack.<sup>3</sup>
  - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.<sup>4</sup>
  - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.<sup>4</sup>
  - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).<sup>4</sup>
- The fine particles in secondhand smoke are linked to heart attacks.<sup>3</sup>
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.<sup>5</sup>

<sup>1.</sup> 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

Lush CC. AMI Data-Calendar Year 2012-Livingston County. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.

<sup>3.</sup> Institute of Medicine. Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence. Washington, DC: The National Academies Press; 2009.

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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