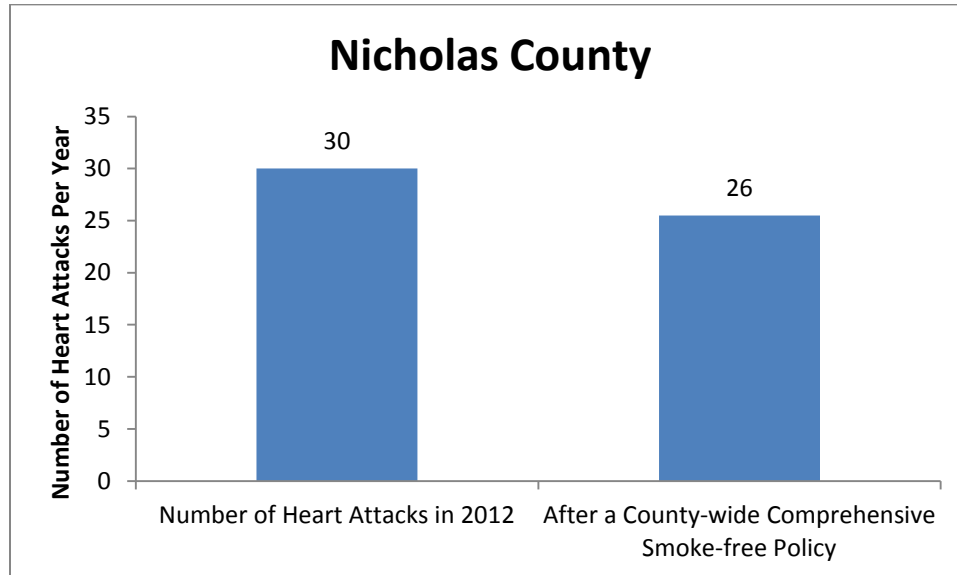


Smoke-free Nicholas County Will Save Lives by Reducing Heart Attacks

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

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **4** fewer heart attacks.^{1,2}



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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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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