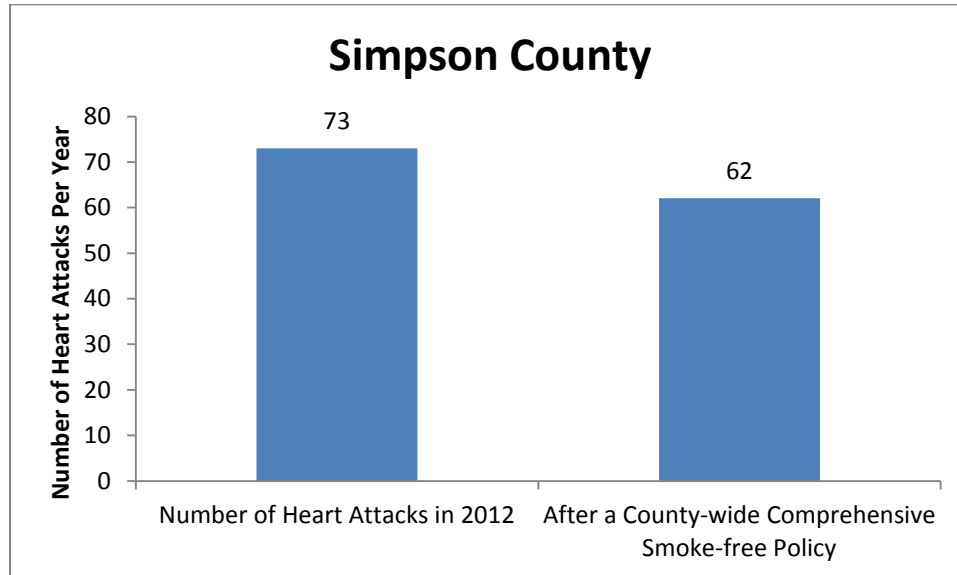


## Smoke-free Simpson County Will Save Lives by Reducing Heart Attacks

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

*WITHIN THE FIRST TWO YEARS:* The number of heart attacks will decrease by an estimated **15%**; approximately **11** 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>

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-Simpson 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.

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](http://www.kcsp.uky.edu).