

Patient Information Smoking Cessation

BACKGROUND INFORMATION

- Smoking and tobacco use is likely the single highest risk factor for cardiovascular disease, stroke and a variety of other illnesses - especially cancer. The national cancer institute estimates that almost half a million deaths in the US each year are caused by smoking. 10% of these are due to secondhand smoke exposure.
- Smokers are 6 times more likely to have a heart attack or stroke than non-smokers.
- Almost 1 in 5 Americans are smokers. 1 in 6 high school seniors are smokers.
- Smoking raises blood pressure, increases bad cholesterol (LDL) levels, and accelerates blockage formation in arteries throughout the body

SYMPTOMS

Smokers complain of many symptoms, most commonly:

- Shortness of breath
- Chronic cough
- Decreased exercise tolerance
- Chest pain
- Leg pain when walking or especially climbing stairs

CESSATION THERAPY OPTIONS

- Counseling
- Nicotine replacement (nicotine lozenges, gum, sprays or inhalers; e-cigarettes; patches)
- Bupropion (also called Wellbutrin or Zyban) is a pill to curb cravings/psychological dependence on cigarettes.
- Varenicline (also called Chantix) is a pill to curb cravings/psychological dependence on cigarettes.

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu