

FACT SHEET: EFFECTS OF TOBACCO ON THE CARDIOVASCULAR SYSTEM

1. Non-communicable diseases (NCD) accounted for 47% of the total diseases burden in the world.¹
2. Total death burden of NCD = 60% of global deaths in 2008.²
3. CVDs (coronary heart disease, stroke, and others) currently account for 170 lakh deaths, i.e.. 30% of total global deaths.
4. 80% of deaths and 85% of disease burden already occur in developing nations.³
5. Tobacco increases risk for coronary heart disease, including sudden death, cerebrovascular disease, and peripheral vascular disease such as aortic aneurysm.⁴
6. The relationship between smoking and coronary heart mortality and morbidity is most pronounced in younger individuals.⁴
7. Smoking increases the risk of complications for hypertensives—nephrosclerosis and malignant hypertension.⁴
8. Passive smoking increases the coronary death rate among never smokers by 20% to 70%.⁴
9. Passive smokers have a significantly increased risk of stroke and myocardial infarction.⁴
10. Smoking induces a localized inflammatory response in the lungs, induces a systemic inflammatory response and contributes to the development and progression of atherosclerosis plaque.⁵
11. A current smoker has three times the risk to experience non-fatal MI compared with a never smoker.⁶
12. Components of cigarette smoke diminish the ability of the blood to carry oxygen and increase the physiologic demands of the myocardium.⁵
13. Young smokers are at higher risk of AMI compared to older smokers.⁶
14. Secondhand smoke increases platelet aggregation that leads to thrombosis, endothelial dysfunction, and inflammation.⁷
15. It is estimated that smoking may contribute to 53% of MIs among urban males in India.⁸
16. Tobacco cessation interventions by cardiac physicians could motivate smokers in quitting and help in attaining better cardiovascular health outcomes.⁹
17. The excess risk of CHD caused by smoking is reduced by about half after one year of smoking abstinence and then declines gradually.⁵
18. After 15 years of abstinence, the risk of CHD is similar to that of persons who have never smoked.⁵
19. Smoking cessation markedly reduces the risk of recurrent infarction and cardiovascular death.¹⁰

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