



**8** OUT OF **10**  
**STROKES CAN BE PREVENTED**

## HOW? QUIT SMOKING



Cigarette smokers are **2 to 4 TIMES** more likely to have a stroke than nonsmokers.



**SMOKING DOUBLES THE RISK OF DYING FROM A STROKE.**

**2**  **RISK**



**THE MORE A PERSON SMOKES, THE GREATER THEIR RISK OF STROKE.**

**Secondhand smoke increases the risk of stroke in nonsmokers by**

**30%**

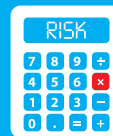


The **7,000 chemicals** in cigarette smoke have many harmful effects on blood and blood vessels.



**EXPOSURE TO CIGARETTE SMOKE INCREASES THE CHANCE OF BLOOD CLOTS, THE MOST COMMON CAUSE OF STROKE.**

Smoking multiplies the dangers from other risk factors, which include age, family history, diabetes, high blood pressure and high cholesterol.



**55+**



When you quit smoking, your risk of stroke drops to that of a nonsmoker within 5 years!

**QUIT NOW!**

Call 1-855-372-0037 or sign up at <https://americanindian.quitlogix.org>

**@MTStroke**