



Smoking and Stroke Risk

Smoking doubles the risk of having a stroke. It raises your blood pressure and high blood pressure is the number one leading cause of stroke. Cigarette smoking and other tobacco use (e.g., tobacco chewing) raise your risk of a stroke. Vaping also contains nicotine. Nicotine is very addictive. Vaping may also increase the risk of exposure to other harmful chemicals.

Benefits of Quitting

- Lower blood pressure
- Improved oxygen levels
- Improved circulation
- Decreased inflammation
- Lower risk of blood clots
- Better overall health
- Improved sense of taste and smell
- More money in your pocket



Quitting Smoking

Nicotine Replacement Therapies (NRT) help people quit smoking by giving them a safer alternative to tobacco. There are a number of options including:

- prescription medications; nicotine patches, gum, spray and lozenges. These ease withdrawal symptoms and reduce the urge to smoke
- individual counselling; This provides one-on-one support in helping with a plan, answering questions and offering community referrals
- self-help; This can include a range of books, audio recordings, and/or online self-education based programs

Are you ready to quit smoking?

- Smoker's Helpline : Telephone: 1-877-513-5333 Text: iQuit to 123456
- Health811 Telephone : 811
- Care Coach Assistance 24 hours a day, 7 days a week Tel:866-797-0000
- Canada.ca Tools for a smoke-free life
- Canada.ca Tobacco and Stroke
- Ontario.ca Pharmacy Smoking Cessation Program