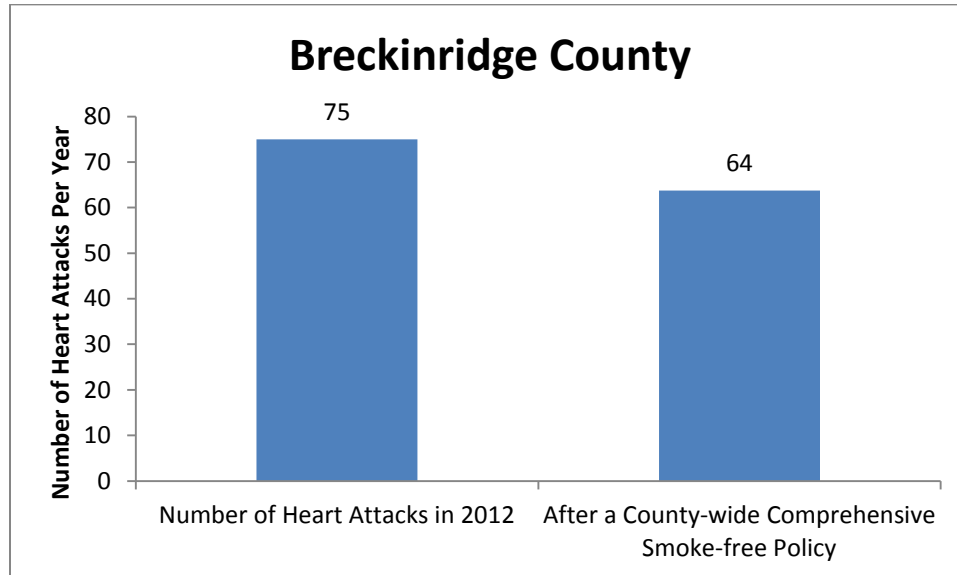


## Smoke-free Breckinridge County Will Save Lives by Reducing Heart Attacks

**Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Breckinridge 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>

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