Smoking
A risk factor for heart attack and stroke

If you smoke, stopping is the best thing you can do for your heart

Questions for my next appointment:

For more, search ‘stop smoking’
www.heartfoundation.org.nz

REMEMBER that smoking is only one of the risk factors for heart attack and stroke. Ask your health professional what your overall risk is

MY RISK of heart attack or stroke in the next five years is

(high, medium, low)

CHOICES YOU CAN MAKE TO LOWER YOUR RISK OF HEART ATTACK & STROKE

- Stop smoking
- Make heart healthy eating and drinking choices
- Move more
- Lose weight
- Take medications

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How do you feel about stopping?

You are more likely to be successful with help.

What are your options? Talk to your health professional* about them.

- Phone, online and text-to-quit
- One-on-one or group support programme
- Patches, lozenges and/or gum
- Medications
- Do nothing right now

Questions you might like to ask:
- What Māori and Pacific support is available?
- Can I cut down on cigarettes before I stop?
- What are my chances of stopping if I have tried before?
- How much is this going to cost? How much will I save?
- What are my chances of stopping smoking on my own?

What would you like to do?

My next step is:

Sunshine Community Health Center
We're here to help.
Talkeetna: (907) 733-2273
Willow: (907) 495-4100

If you're thinking about or already taking complementary therapies, talk to your health professional about these.