

Alcohol and Smoking

ALCOHOL

Drinking more than one or two alcoholic drinks each day can increase your stroke risk and lead to other medical problems, including heart and liver disease and possibly brain damage. Studies have shown that drinking too much alcohol has been negatively linked to stroke. If you drink more than 2 drinks per day you may be increasing your risk for stroke by 50%.

SMOKING

- Smoking increases the risk for stroke when compared to nonsmokers. The more cigarettes a day you smoke, the higher the risk according to several studies (Pan et al., 2019).
- Smoking reduces the amount of oxygen in the blood, causing the heart to work harder and allowing blood clots to form more easily. Smoking increases the amount of build-up in the arteries, which may block the flow of blood to the brain, causing a stroke (CDC, 2022).
- Good news! Smoking-induced strokes and overall stroke risk can be greatly reduced by quitting smoking.
- Talk to your medical team. They can help you plan a way to quit tobacco, and can suggest programs and methods to help you cope with the stress of quitting.

SMOKING CESSATION RESOURCES

Smokefree

<https://smokefree.gov/>

Smokefree is a free resource from the National Institutes of Health. It has texting programs and apps.

FREEDOM FROM SMOKING

1-800-LUNGUSA

<https://www.freedomfromsmoking.org/>

Freedom from Smoking offers a variety of quit-smoking programs by the American Lung Association

Truth Initiative

www.becomeanex.org

The free EX plan is based on personal experiences from ex-smokers and the latest scientific research.

References:

CDC (2022). Smoking and Heart Disease and Stroke. Retrieved from <https://www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html>

Pan, B., Jin, X., Jun, L., Qiu, S., Zheng, Q. & Pan, M. (2019). The relationship between smoking and stroke: a meta-analysis. *Medicine*, 98(12), pe14872. <https://doi.org/10.1097/MD.00000000000014872>