

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 doubles the risk for stroke when compared to a nonsmoker.
- 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.
- 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

QUIT FOR LIFE

1-866-QUIT-4-LIFE (1-866-784-8454)

www.freeclear.com/quit-for-life

FREEDOM FROM SMOKING

1-800-548-8252

www.ffsonline.org

Freedom from Smoking is an 8-week, class based tobacco cessation program offered by the American Lung Association.

EX

www.becomeanex.org

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