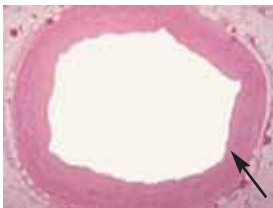# High Blood Pressure and Tobacco Use

Nicotine from tobacco narrows blood vessels which causes the heart to work harder. Nicotine makes it more difficult for your heart to push blood though the blood vessels of the body.

Tobacco use can cause:
- *High blood pressure*
- *Stroke*
- *Heart disease*
- *Heart attack*
- *Death*

This is the inside of a healthy blood vessel. There's plenty of room for blood to flow!

This is the inside of a diseased blood vessel. A clogged vessel like this can cause a heart attack or stroke.

- Carbon monoxide in cigarette smoke is poison and replaces oxygen in the bloodstream.
- Carbon monoxide and nicotine combined with tightened blood vessels put a great strain on the heart and blood vessels. Your heart has to pump harder and faster to deliver the oxygen your body needs.

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High Blood Pressure and Tobacco Use

- The strain from your heart working harder can cause heart disease, a heart attack or stroke.
- People who use tobacco have more problems with high blood pressure than people who don't use tobacco.
- Quitting tobacco immediately lowers your heart rate and very quickly reduces your risk of heart problems.

This is the inside of a clean, healthy blood vessel.
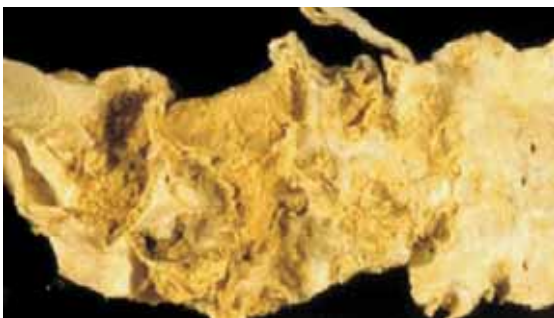
This is a diseased blood vessel. Tobacco can damage your blood vessels like this.