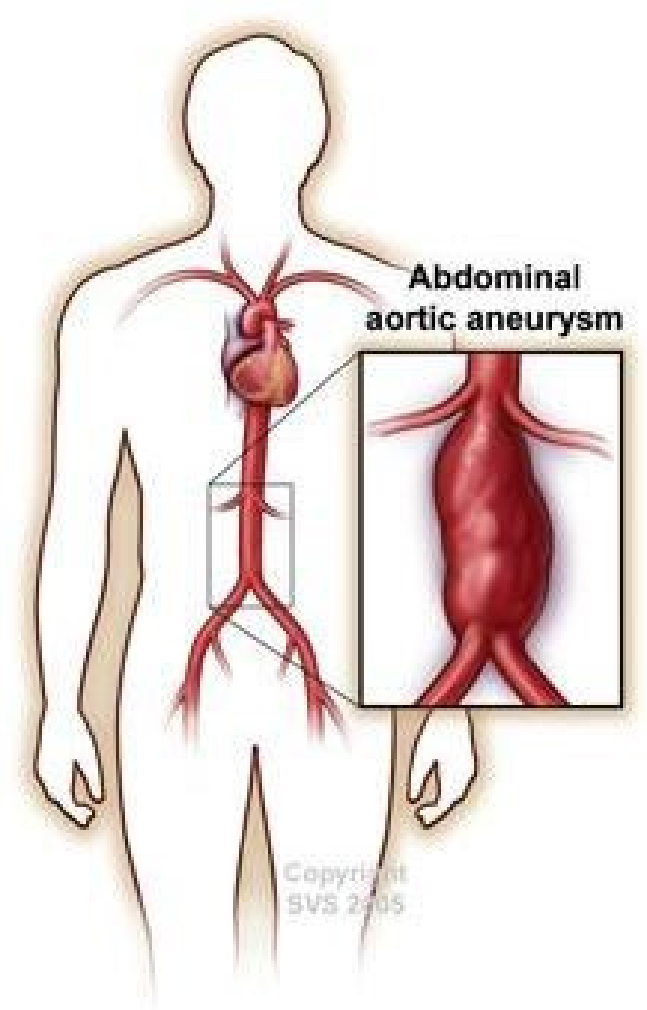
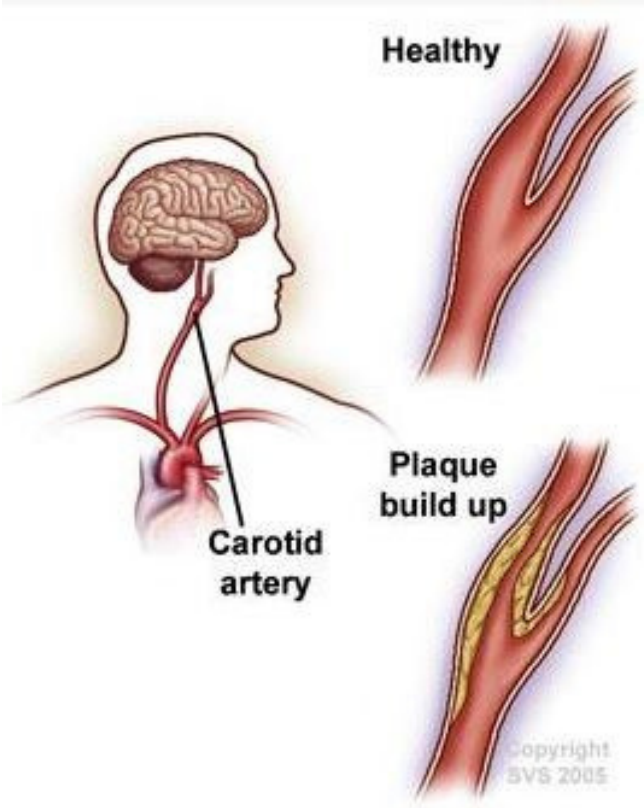
HOW SMOKING AFFECTS YOUR VASCULAR HEALTH

- Smoking increases your risk of developing an abdominal aortic aneurysm (AAA) up to five times higher than someone who has never smoked.
- Smoking can also make your AAA grow faster and be more likely to burst.
- Quitting smoking makes it less likely that you will develop an AAA.
- Even if you smoke now, you can reduce your risk of developing an AAA if you are able to quit.[1]





- Smoking increases your risk of stroke because it forms plaque that can block the carotid artery – which is the blood vessel that goes to your brain.[2]
- The best thing you can do to reduce your risk of carotid artery disease and stroke is quit smoking.[2]
- Once you quit smoking, the amount of carotid plaque buildup begins to slow.

HOW SMOKING AFFECTS YOUR VASCULAR HEALTH

YOUR VASCULAR HEALTH

VASCULAR SURGEONS OF HOUSTON
VEIN AND VASCULAR CENTER

- **Smoking does not only cause buildup of plaque in the arteries in your brain, it can also block the blood vessels that go to your feet. This is called peripheral artery disease (PAD).**[3]
- **Half of all PAD cases are due to smoking.**
- **The most devastating result of PAD is amputation, which is much more likely to happen if you continue to smoke.** [4,5]
- **If you are smoking, the odds of your PAD operation failing and the odds that you will need an amputation is much higher than if you quit.**

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