

Smoking has long been recognized as a significant risk factor for various diseases, particularly cancer and cardiovascular disorders. Understanding the link between smoking and heart health is crucial for public health initiatives aimed at reducing tobacco use and promoting cardiovascular wellness. It does so through multiple mechanisms, including:

- Damage to Blood Vessels:** Smoking leads to the accumulation of fatty deposits in the arteries (atherosclerosis), narrowing the blood vessels and impeding blood flow.
- Increased Blood Clotting:** Smoking promotes blood clot formation, which can obstruct blood flow to the heart or brain, triggering heart attacks or strokes.

While heart cancer itself is exceedingly rare, smoking significantly increases the risk of developing cardiovascular diseases, which can have profound implications for heart health.

- Reduced Oxygen Supply:** The carbon monoxide in cigarette smoke binds to hemoglobin, reducing the blood's oxygen-carrying capacity. This diminishes oxygen delivery to the heart and other organs, further stressing the cardiovascular system.