World Heart Day (Friday, September 29) LTE Template

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**Help your heart by quitting tobacco**

Dear Editor,

START YOUR LETTER BY SHARING THAT FRIDAY, SEPTEMBER 29 IS WORLD HEART DAY, A GLOBAL INITIATIVE TO RAISE AWARENESS AND PREVENTION OF HEART DISEASE. SHARE THAT ONE OF THE HEALTHIEST THINGS YOU CAN DO FOR YOUR HEART IS QUIT SMOKING, OR BETTER YET, NEVER START IN THE FIRST PLACE.

DEMONSTRATE SMOKING’S IMPACT ON HEART HEALTH (<https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_CVD_508.pdf>). SOME OPTIONS INCLUDE:

* SMOKING CAUSES ONE OF EVERY THREE CARDIOVASCULAR DISEASE (CVD) DEATHS, THE LEADING CAUSE OF DEATH IN THE U.S.
* THE RISK OF CVD INCREASES WITH THE NUMBER OF CIGARETTES YOU SMOKE A DAY, BUT EVEN PEOPLE WHO SMOKE FEWER THAN FIVE CIGARETTES A DAY MAY SHOW SIGNS OF CVD
* CVD IS ALSO A RISK FOR NON-SMOKERS EXPOSED TO SECONDHAND SMOKE. MORE THAN 33,000 NON-SMOKERS DIE EVERY YEAR FROM HEART DISEASE CAUSED BY SECONDHAND SMOKE EXPOSURE

IF YOU’RE COMFORTABLE DOING SO AND HAVE A PERSONAL EXPERIENCE OR KNOW SOMEONE WHO SUFFERED HEART ISSUES DUE TO TOBACCO, DESCRIBE THAT HERE. A PERSONAL STORY CAN HELP BRING THE DATA ABOVE TO LIFE.

SHARE THE SHORT AND LONG-TERM HEART HEALTH BENEFITS OF QUITTING (EXAMPLES CAN BE FOUND AT <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cessation-fact-sheet>).

OTHER HEART-HEALTHY BEHAVIORS CAN BE FOUND AT <https://healthyforgood.heart.org/>, AND CLINICIANS CAN FIND TIPS TO HELP THEIR PATIENTS AT <https://millionhearts.hhs.gov/tools-protocols/index.html>.

FOR FREE HELP QUITTING TOBACCO, CALL 1-800-QUIT NOW.