



Les faits sur le tabagisme et la maladie du coeur

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Abstract: La brochure explique les risques de l'usage du tabac, plus couramment de la cigarette, sur le développement de la maladie du cœur. On y présente des faits sur le tabagisme et on y traite des bienfaits du renoncement au tabac et des effets continus que procure le fait de ne pas fumer. Des ressources pour vous aider à arrêter de fumer sont proposées à la fin de la brochure.

This is a French translation of the English pamphlet 0019, "The Facts about Smoking and Heart Disease". This pamphlet explains the risks of tobacco use, most commonly cigarette smoking, on the development of heart disease. Smoking facts, benefits of quitting, and continued effects of not smoking are outlined. Resources to help you quit smoking are listed at the end of the pamphlet.

Responsibility: Prepared by: Heart Health Resource Team

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