Blood Pressure Control: What Matters?

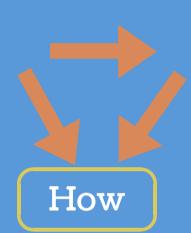


Tobacco Use



Why

Tobacco is the #1 preventable cause of death and disability in the US. Using tobacco can have an acute effect that can elevate systolic blood pressure 3-4 mmHg.



What

No amount of tobacco use is safe; never start using tobacco. After quitting tobacco, a reduction in systolic blood pressure can be seen in a few weeks.

Inside your practice

- ASK: Ask every patient about tobacco use at every visit, and document in the patient record.
- ADVISE: Use a motivational interviewing approach to initiate conversation with patients and their families about quitting tobacco.
- REFER: If the patient thinks they
 may be ready to quit, offer support
 and refer to local cessation
 programs or QUITWORKS
 NH. Their website can be found at
 www.QuitworksNH.org.

Outside your practice

- Advocate for tobacco prevention and control in your community.
- Advance tobacco prevention and control policies in your work setting. Ensure tobacco cessation counseling and medications are adequately covered by your workplace insurance plan(s).

