

*Sandy Buttweiler
Fargo, ND*



“My life as a smoker ended with a stroke.”

I smoked cigarettes for years and last year I had a stroke. I knew cigarette smoke caused heart disease, lung disease and cancer. I had no idea that cigarette smoke causes strokes. The reality is, smokers are twice as likely to have a stroke. The best way to protect yourself from stroke and many chronic diseases, is to never even start smoking.

May is National Stroke Awareness Month. Cigarette smokers are at least twice as likely to have a stroke and breathing secondhand smoke increases stroke risk by at least 30 percent.

Learn more at BreatheND.com

Brought to you by the North Dakota Center for Tobacco Prevention and Control Policy and your local public health unit.