

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.

How

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).