

# The effects of smoking are now plainer to see



When you smoke you inhale the drug nicotine. In a short time you can find it difficult to control how much you smoke or to quit smoking. Many people don't realise they are dependent on tobacco until they try to quit. Even lifelong smokers CAN and do quit.

You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit [www.quitnow.info.au](http://www.quitnow.info.au)

Image Source: Health Canada website and Media Photo Gallery.

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Australian Government  
Department of Health and Ageing