

The effects of smoking are now plainer to see



Tobacco smoke is a complex mixture of toxic chemicals such as nitrosamines and benzopyrenes (which contribute directly to the formation of cancer in smokers), and carbon monoxide (which reduces the ability of blood to carry oxygen). These harmful substances can reach your brain, heart and other organs within 10 seconds of the first puff.

You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

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Australian Government
Department of Health and Ageing