

The effects of smoking are now plainer to see



Smoking narrows the arteries to your heart, causing them to become blocked. This can cause heart attacks and death. Smoking can double your risk of dying from a heart attack.

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