

EVERY CIGARETTE IS DOING YOU DAMAGE

AORTA-Smoker Age:32

Something
close to every
smoker's
heart



HOW

**CAN SMOKING CAUSE FATTY GUNK
IN YOUR ARTERIES WHEN THERE'S
NO FAT IN CIGARETTES ????????**

It can, and it happens at a surprisingly young age. Within seconds of lighting up, thousands of chemicals enter your bloodstream. Some of them damage the lining of your arteries, making your artery walls sticky. They then collect tiny fat particles floating in your bloodstream.

- You start this damage to your artery walls the day you start smoking.
- If you smoke, by the age of 30 the main artery from your heart (the aorta) can have three times the fatty deposits as a non-smoker of the same age.
- The more you smoke, the faster these deposits build up. They can rupture, forming clots that may lead to strokes and heart attacks. They can gradually narrow the artery, causing conditions such as angina.

We know quitting is hard - you may have tried before and failed, but it's important that you try again. The people at the Quitline have helped thousands of New Zealanders to quit and may be able to help you.

Call the Quitline - 0800 778 778

The Quit Group
TE ROOPU ME MUTU

New Zealand Government



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