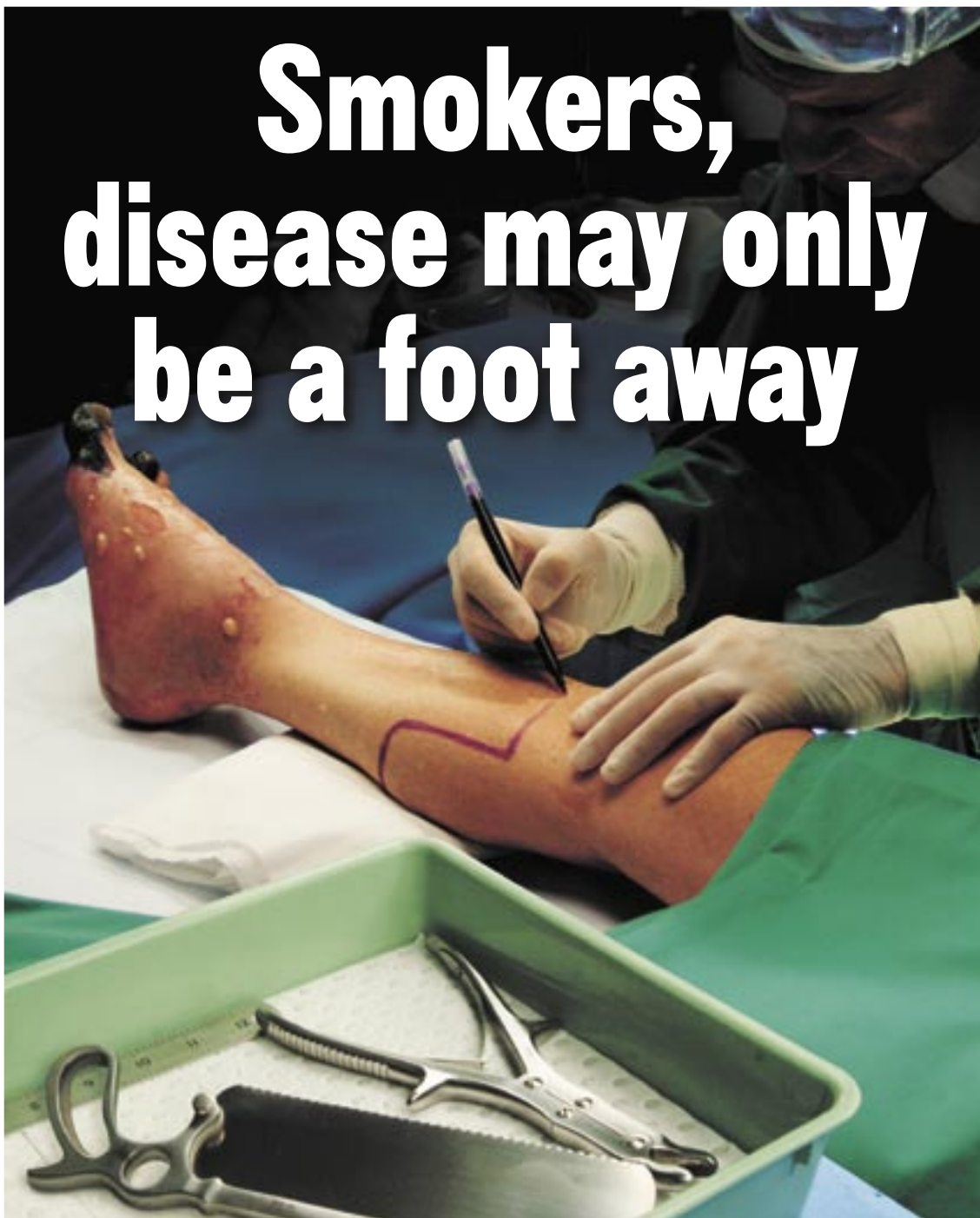


# Smokers, disease may only be a foot away



Every working day, two Australian smokers have a limb, or part of a limb, amputated because of damage caused by smoking.

How do cigarettes do such harm so far from your lungs?

Every time you inhale tobacco smoke, toxic chemicals enter your bloodstream. As they travel to every part of your body they make your artery walls sticky and collect dangerous fatty deposits.

When arteries become blocked, gangrene can set in, which always requires amputation.

The graphic health warnings now on cigarette packs mean you'll be reminded of diseases like gangrene every time you reach for a cigarette.

When you look at the warnings, don't just see a gross picture, imagine the person who has that disease. And imagine being that person.

Most smokers want to quit and have tried to quit before. Find out how you can increase your chances of beating your nicotine addiction by talking to a Quitline advisor.

Call today on 13 QUIT (13 7848). The number is also on every cigarette pack. So until you do give up smoking it'll be in your pocket all day, every day.

 **Quitline 13 7848**

  
A New South Wales Government Initiative

**cancer  
institute  
NSW**