



With every puff of cigarette smoke that is inhaled, tar is deposited in your lungs and your blood pressure rises. Over time, the airways in the lungs grow narrower and the air sacs are destroyed. Your arteries start to clog up and your blood becomes stickier and more likely to clot.

Eventually smokers' lungs tend to decline up to three times faster than those of non-smokers. Serious lung disease, stroke and a range of cancers including lung, mouth and throat cancer is greatly enhanced.

### CAN YOU REPAIR THE DAMAGE?

Amazingly, you can.

If you stop smoking, you can add an extra five years to your life.

The improvements happen incredibly rapidly:

- **After 24 hours**, all the carbon monoxide is gone from your body and your lungs start to clear out mucus and other debris.
- **Within 12 weeks**, you'll look and feel healthier because of much improved blood circulation.
- **Within a few days** your risk of heart disease and stroke starts to fall, too.

- **After 10 years**, your risk of lung cancer is half that of a smoker.
- **After 15 years**, your risk of a heart attack is the same as that of someone who has never smoked.

To help your body recover:

- Eat more fruit and vegetables as research shows that a high intake can help improve lung function.
- Taking up aerobic exercise to boost your heart and lungs.

### DID YOU KNOW?

A cigarette contains over 400 toxic chemicals. Over the next 30 years, 100 million people will die of smoking-related diseases worldwide. That is greater than the combined death tolls from AIDS, TB, traffic accidents, murder and suicide.

**DON'T WAIT, STOP SMOKING TODAY!**