SMOKING CAUSES PERIPHERAL VASCULAR DISEASE

Government Health Warning

GANGRENE

Smoking damages your blood vessels, which can prevent blood circulation, particularly to your legs or feet. This can result in blood clots, infection, gangrene, even amputation. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

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SMOKING CAUSES PERIPHERAL VASCULAR DISEASE

Government Health Warning

CIGARETTES

25

Graphic Pack – Front

SMOKING CAUSES PERIPHERAL VASCULAR DISEASE

Government Health Warning

CIGARETTES

25

Graphic Pack – Back

SMOKING CAUSES PERIPHERAL VASCULAR DISEASE

Government Health Warning

CIGARETTES

25

Text Pack – Front

SMOKING CAUSES PERIPHERAL VASCULAR DISEASE

Government Health Warning

CIGARETTES

25

Text Pack – Back
MOUTH CANCER

SMOKING CAUSES MOUTH AND THROAT CANCER
Government Health Warning

SMOKING CAUSES MOUTH AND THROAT CANCER

CIGARETTES

Graphic Pack – Front

SMOKING CAUSES MOUTH AND THROAT CANCER

CIGARETTES

Graphic Pack – Back

SMOKING CAUSES MOUTH AND THROAT CANCER

CIGARETTES

Text Pack – Front

SMOKING CAUSES MOUTH AND THROAT CANCER

CIGARETTES

Text Pack – Back

MOUTH CANCER

Smoking is the major cause of cancers affecting the mouth and throat. These cancers can result in extensive surgery, problems in eating and swallowing, speech problems and permanent disfigurement. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

CIGARETTES

25
SMOKING CAUSES MOUTH AND THROAT CANCER

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CIGARETTES

25

Graphic Pack – Front

Graphic Pack – Back

SMOKING CAUSES MOUTH AND THROAT CANCER

Government Health Warning

CIGARETTES

25

Text Pack – Front

Text Pack – Back
SMOKING CLOGS YOUR ARTERIES

Government Health Warning

Smoking narrows your arteries causing them to become clogged and can lead to heart attack, stroke, peripheral vascular disease, gangrene of the feet and impotence. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

SMOKING CLOGS YOUR ARTERIES

Government Health Warning

CIGARETTES

25

Graphic Pack – Front

CIGARETTES

25

Graphic Pack – Back

CIGARETTES

25

Text Pack – Front

CIGARETTES

25

Text Pack – Back
Smoking harms unborn babies

Government Health Warning

Smoking during pregnancy reduces the flow of blood in the placenta and limits the oxygen and nutrients that reach the growing baby. This increases the risk of miscarriage, stillbirth, premature birth, complications during birth or the baby having a smaller brain and body. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

Graphic Pack – Front

Graphic Pack – Back

Text Pack – Front

Text Pack – Back
SMOKING CAUSES BLINDNESS

This is known as cataract and can result in blindness. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

Smoking causes damage to the front of the eye. This is known as cataract and can result in blindness. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

CIGARETTES

25

Graphic Pack – Front

Graphic Pack – Back

Text Pack – Front

Text Pack – Back
Smoking causes irreversible damage to the back of the eye. This is known as macular degeneration. Central vision is lost, blindness may follow. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au.
SMOKING DOUBLES YOUR RISK OF STROKE

Government Health Warning

SMOKING DOUBLES YOUR RISK OF STROKE

Government Health Warning

Granmic Pack – Front

Graphic Pack – Back

SMOKING DOUBLES YOUR RISK OF STROKE

Government Health Warning

SMOKING DOUBLES YOUR RISK OF STROKE

Government Health Warning

Text Pack – Front

Text Pack – Back

MINOR STROKE

Smoking narrows the arteries to your brain causing them to become blocked. This causes a stroke that can result in permanent paralysis, inability to speak, disability or death.

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CIGARETTES

25

CIGARETTES

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CIGARETTES

25

CIGARETTES

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SMOKING CAUSES LUNG CANCER

Government Health Warning

9 out of 10 lung cancers are caused by smoking. Every cigarette you smoke increases your risk of lung cancer. Most people who get lung cancer, die from it. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

CIGARETTES

25

Graphic Pack – Front

Graphic Pack – Back

Text Pack – Front

Text Pack – Back
SMOKING - A LEADING CAUSE OF DEATH

Government Health Warning

Smoking causes more deaths than murder, illicit drugs, motor vehicle accidents, suicide and alcohol combined. Smokers not only live shorter lives, they also live more years with disabling health problems. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au


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Tobacco smoke is a complex mixture of many toxic chemicals, some of which are listed on the side of the pack. In many smokers, taking in this toxic mix will cause damage to the body’s cells that can result in cancer, destruction of lung tissue causing emphysema, or damage to blood vessels that can lead to heart disease, stroke, peripheral vascular disease, impotence, and some forms of blindness.

You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au.
SMOKING INCREASES THE RISK OF MENINGOCOCCAL DISEASE

Both active and passive smoking damage the body’s immune system. Smokers and people exposed to passive smoking, particularly children of parents who smoke around them, are at a greater risk of contracting meningococcal disease. This disease is often fatal. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

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Government Health Warning

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QUITTING SMOKING WILL IMPROVE YOUR HEALTH
Government Health Warning

Quitting smoking at any age benefits your health. Quitting smoking cuts the risk of lung and other cancers, heart attack, stroke and other lung diseases. In some cases, like heart disease, the risk returns to that of someone who has never smoked within a few years. You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au
When you smoke tobacco you inhale the drug nicotine. When you smoke regularly, your body comes to expect the dose of nicotine. In a short time you can find it difficult to control how much you smoke or to quit smoking. Many people don’t realise they are dependent on tobacco until they try to quit. But even lifelong smokers CAN and do quit. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au.
Children exposed to passive smoking experience more serious illnesses such as pneumonia, middle ear infections and asthma attacks. Babies exposed to passive smoking are at a greater risk of SIDS (Sudden Infant Death Syndrome). You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au.
SMOKING INCREASES YOUR RISK OF HEART ATTACK

Government Health Warning

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 of a heart attack.

You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au
Emphysema is a disease where the air sacs in the lungs are gradually destroyed, making it hard to breathe. Sufferers describe it as a living, breathing hell. Nearly all emphysema is caused by tobacco smoking. You CAN quit smoking.

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

*The faces of these patients were displayed on mock cigarette packs during market testing of the proposed health warnings. However, the patients have had their identities concealed in this publication to protect their privacy.
SMOKING CAN CAUSE A SLOW AND PAINFUL DEATH
Government Health Warning

CIGARETTES

25

Graphic Pack – Front

SMOKING CAN CAUSE A SLOW AND PAINFUL DEATH
Government Health Warning

CIGARETTES

25

Graphic Pack – Back

SMOKING CAN CAUSE A SLOW AND PAINFUL DEATH
Government Health Warning

CIGARETTES

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Text Pack – Front

SMOKING CAN CAUSE A SLOW AND PAINFUL DEATH
Government Health Warning

CIGARETTES

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Text Pack – Back

*The faces of these patients were displayed on mock cigarette packs during market testing of the proposed health warnings. However, the patients have had their identities concealed in this publication to protect their privacy.
Cigarettes deliver nicotine in a highly addictive form, making it difficult to control your intake of smoke, and to quit. Smoking exposes you to more than 40 harmful chemicals which are known to cause cancers, damage lung tissue and clog up blood vessels. These chemicals include tar, nitrosamines, benzopyrenes and carbon monoxide. To find out more about these harmful chemicals visit www.quitnow.info.au