FOLLOW THE PATH TO A HEALTHY BODY

QUIT SMOKING

BECOME MORE ACTIVE

EAT HEALTHY

HOW SMOKING MAKES YOU SICK

Stroke
Stroke stops blood getting to parts of the brain. The two kinds of stroke are:
- Blocked Artery
  An artery (like a pipe) in the brain gets blocked
- Bleeding in the Brain
  A blood vessel in the brain breaks, causing bleeding

Heart Attack
Blood flow suddenly becomes blocked in a section of the heart muscle and the heart can’t get oxygen

Blocked Arteries Supplying the Heart (Coronary Heart Disease)
When the pipes/arteries supplying the heart with oxygenated blood become blocked

Blocked Arteries Supplying Vital Organs (Atherosclerosis)
Occurs in arteries that supply blood to the heart, brain and other vital organs

Weak Heart (Heart Failure)
The heart becomes too weak to pump blood through the body

Swelled Major Artery (Aortic Aneurysm)
Occurs in major artery from the heart

Lung Disease (Emphysema)
A disease of the lungs that makes it hard to breathe

Type 2 Diabetes
The condition where the body doesn’t make enough of the important hormone insulin

High Blood Pressure (Hypertension)
The pressure of the blood as it pumps through arteries

Fatty Material (Plaque) Build Up in Blood Vessels' (Peripheral Vascular Disease)
Blockages in your legs, kidneys and arms

Blood Clogged (Thrombosis)
Can occur in any part of the circulatory system

WARNING: The following resource contains graphic images
HOW SMOKING MAKES YOU SICK

Illustrations produced by Patrick Bayley and pathology photos used with permission from School of Pathology and Laboratory Medicine, University of Western Australia.

Aboriginal Quitline Liaison Team
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