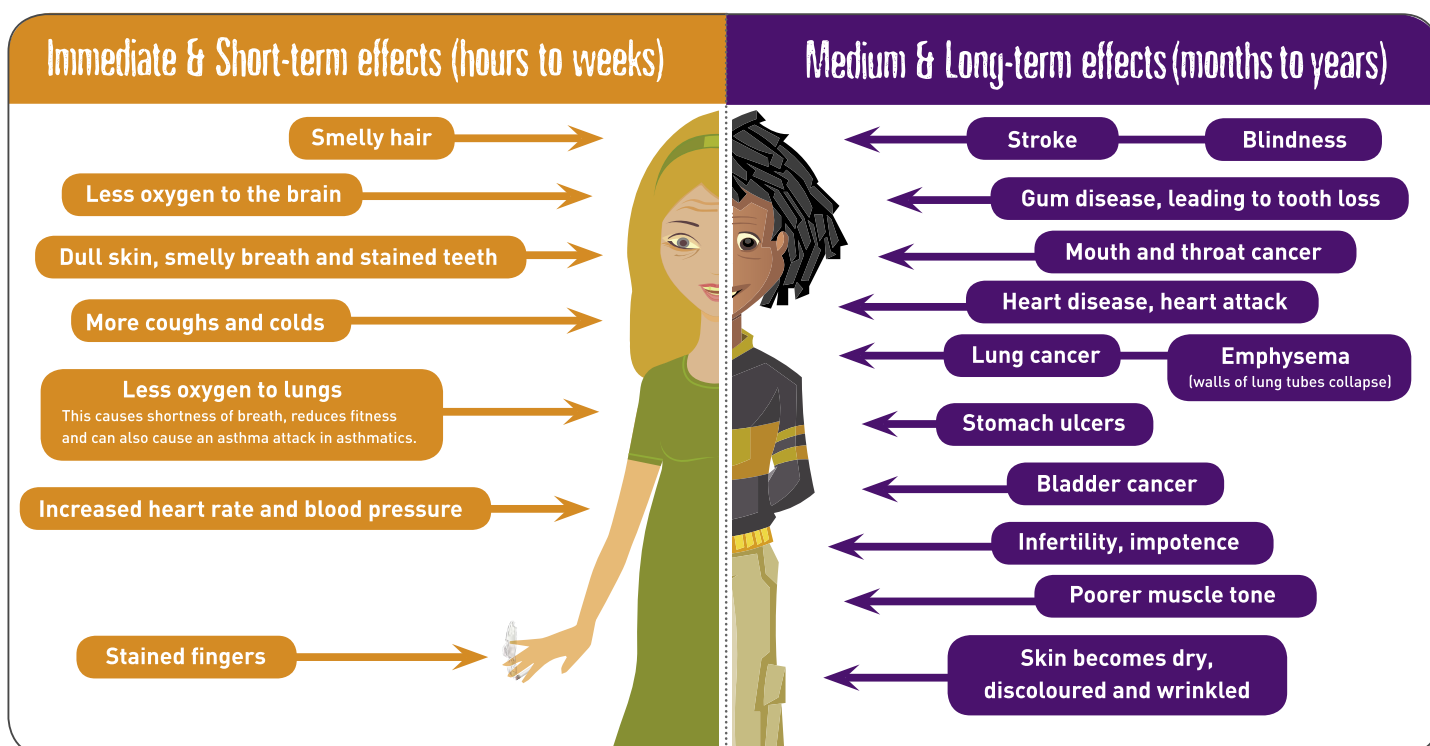


The Effects of Smoking on the Body

www.smarterthansmoking.org.au

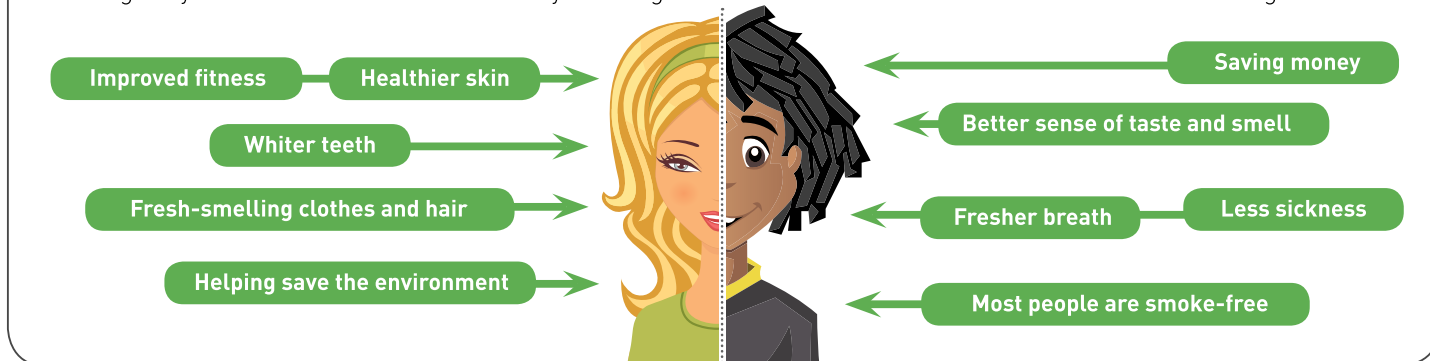
Smoking harms many parts of the body, both inside and outside. Some of the harmful effects happen straight away and others take longer to occur. The diagram below illustrates some of the harmful effects of smoking:

Many people who start smoking think they will be able to stop whenever they want. Unfortunately, the younger people start smoking the harder it can be to quit. Most adult smokers wish they had never started in the first place.



Benefits of being smoke-free

You can greatly reduce the risks of these effects by choosing to be smoke-free. These are some of the benefits of being smoke-free.



**Smoke-free: Being smoke-free refers to people not smoking themselves as well as referring to protecting oneself from secondhand smoke.*

References

1. Eriksen M, Mackay J, Ross H. The Tobacco Atlas. Fourth Ed. Atlanta, GA: American Cancer Society; New York, NY: World Lung Foundation; 2012. Also available at www.TobaccoAtlas.org
2. www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Smoking_effects_on_your_body