



# Lungs are like sponges. Smokers' lungs are like sponges full of tar.

Our lungs are made up of millions of tiny air sacs, much like the texture of a household sponge.

Every time you inhale cigarette smoke, you draw cancer-producing tar deep into your lungs. Some is coughed back up; some stays in your lungs; and some gets into your blood stream and spreads throughout your body.

The more you smoke, the more tar goes in – and the more your risk of diseases like lung cancer increases.

If you could squeeze out the cancer-producing tar that goes into a pack-a-day smoker's lungs every year, you'd get around 150mls – or half a cup.

Giving up smoking is never easy but it is important, for you and your family.

Call the Quitline, 13 7848, today for information and advice to help you quit and stay quit. The service is free and all of our advisors are trained professionals.



An initiative of the New South Wales Government

 **Quitline** 13 7848

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