



Aorta Artery of
smoker age 32

**How many cigarettes does it
take to cause a heart attack?**

Answer : ONE

You start damaging your artery walls
the day you start smoking.
Your next puff on a cigarette
could trigger a heart attack.

**CALL FOR
FREE
Nicotine
Patches**

**Call the Quitline
1-866-NY-QUITS
(1-866-697-8487)**

Every cigarette is doing you damage

www.doingyoudamage.com

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