

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

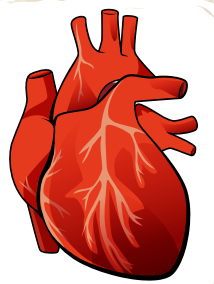
A blood vessel in the brain breaks, causing bleeding



Brain

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



Heart

Lung Disease (Emphysema)

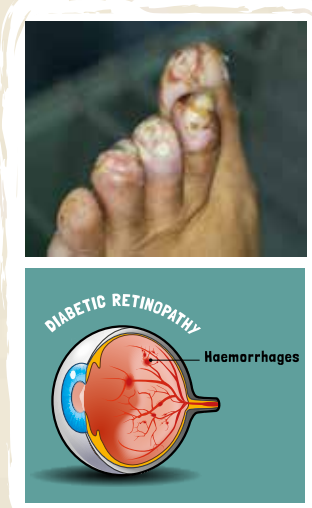
A disease of the lungs that makes it hard to breathe



Lungs

Type 2 Diabetes

The condition where the body doesn't make enough of the important hormone insulin.



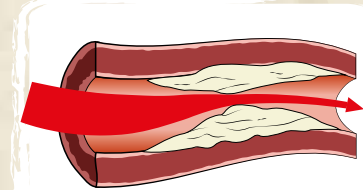
Swelled Major Artery (Aortic Aneurysm)

Occurs in major artery from the heart



Weak Heart (Heart Failure)

The heart becomes too weak to pump blood through the body



Blocked Arteries Supplying Vital Organs (Atherosclerosis)

Occurs in arteries that supply blood to the heart, brain and other vital organs

Blood Clogged (Thrombosis)

Can occur in any part of the circulatory system



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



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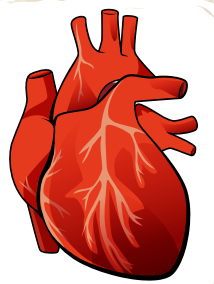
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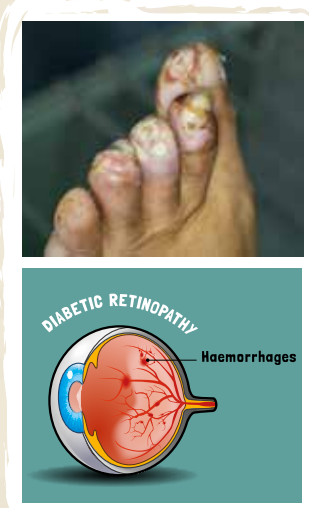
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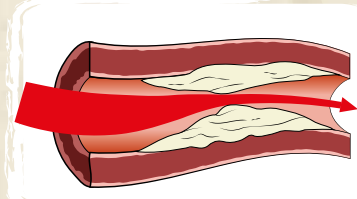
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