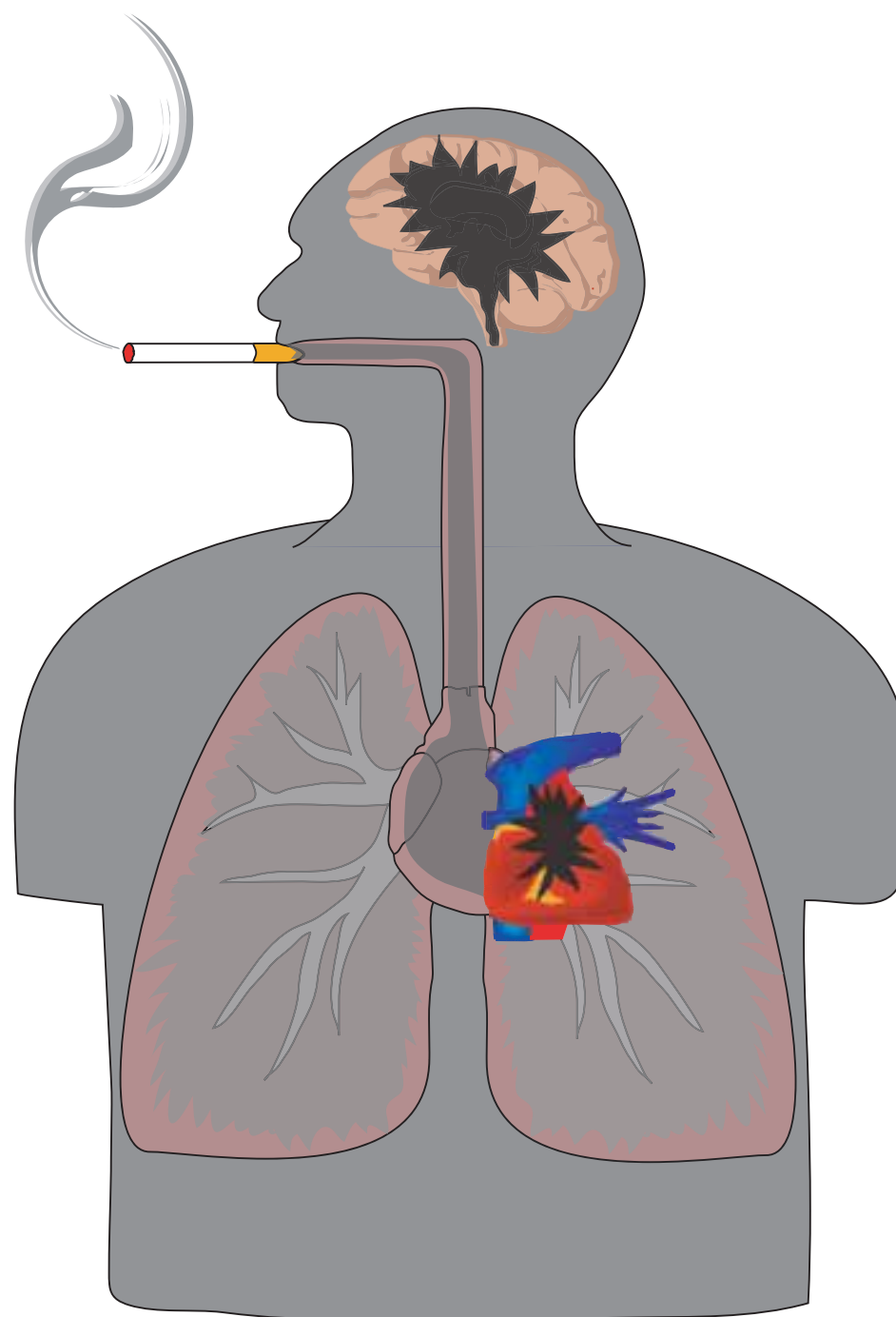


## Smoking and the heart and brain

- When people smoke, the poisons from cigarettes get into the blood and it has trouble carrying oxygen around the body. The body needs oxygen to survive.
- Smoking makes the **heart** work harder (beat faster) to pump blood and oxygen around the body.
- Then the organs don't get as much oxygen as they need to work properly and they can get sick.
- When the **heart** doesn't get enough oxygen and has to work harder, it gets weak.
- This can cause **heart** disease or a **heart** attack.
- Smoking can also cut down the oxygen that gets to the **brain** and this can cause a **stroke**. A stroke is like a heart attack in the **brain**.
- A heart attack or stroke can leave someone with a permanent disability or it can kill them.



Poisonous chemicals from smoking are carried by the blood to the **heart** and **brain**.

This can cause **heart** disease, a **heart** attack or stroke.

These things can permanently damage or kill you.