



# Every Cigarette Does Damage

Smoking can cause blood clots, which could produce a stroke or heart attack. Tobacco is the leading contributor to heart disease, stroke and lung cancer. Heart disease and stroke are the first and third leading causes of death in the United States. More than 61 million Americans suffer from some form of cardiovascular disease.

More than 27 Hoosiers die every day because of smoking. This message is designed to gain your attention and to encourage you to quit. If you are one of the nearly one million smokers in Indiana who say they want to quit, now is the time.

The Indiana Tobacco Quitline will help; it's free and easy.  
For more information, call 1-800-QUIT-NOW (800-784-0669)  
or visit [www.IndianaTobaccoQuitline.net](http://www.IndianaTobaccoQuitline.net).

If you are ready to quit, [Click here](#).



**1-800-QUIT NOW**  
Indiana's Tobacco Quitline

[www.IndianaTobaccoQuitline.net](http://www.IndianaTobaccoQuitline.net)