



## What's in a cigarette?

**More than 4,000 chemicals including over 60 known cancer causing substances and other poisons including:**

**TAR – (road surface tar) 70% is deposited in the lungs**

**NICOTINE – effects include increased heart rate & blood pressure**

**CARBON MONOXIDE – a poisonous gas (such as from exhaust fumes) causing breathing problems**

**AMMONIA – bleach found in cleaning agents**

**ARSENIC – deadly poison used in insecticides**

**BENZENE – used as a solvent in fuel & chemical manufacturing**

**ACETONE – solvent used for example in nail polish remover**

**SHELLAC – when mixed with denatured alcohol the resin becomes a wood varnish**

**FORMALDEHYDE – highly poisonous & used to preserve dead bodies**

**CADMIUM – highly poisonous metal used in batteries**

**Illegal tobacco has also been found to contain rat droppings, urine, faeces & dead skin.**

**For every 1,000 young adults who smoke 250 will be killed by tobacco**

**Smokers will have grey skin & may have many more wrinkles than non-smokers. Smokers may have hollow cheeks & look gaunt.**



**Smoking has a drying effect on the skin's surface & depletes the skin of oxygen & essential nutrients.**

**Half of long-term smoker will die before retirement age**

**Smokers on average lose 16 years of life**



**Smoking can reduce female fertility by 30% and cause impotence, reduced sperm count & motility in men.**



**Smoking may cause psoriasis which is an extremely uncomfortable and disfiguring skin condition.**

**Smoking causes lung cancer, chronic obstructive pulmonary disease & coronary heart disease.**

**Smoking is associated with premature births, low birth weight, preterm-related deaths & cot death.**



**Smoking causes halitosis (bad breath), gum disease, stained teeth & may cause teeth to fall out.**



**Second hand smoke can cause disorders ranging from minor eye and throat irritation through to heart disease & lung cancer. Children are particularly vulnerable and exposure increases the risk of glue ear, asthma and other respiratory disorders. An estimated 10,000 premature deaths a year are due to second hand smoke.**

<b>Time since quitting</b>	<b>Beneficial health changes that take place</b>
<b>8 hours</b>	<b>Nicotine &amp; carbon monoxide levels in blood reduce by half, oxygen levels return to normal. Circulation improves.</b>
<b>24 hours</b>	<b>Carbon monoxide &amp; nicotine eliminated from the body.</b>
<b>48 hours</b>	<b>The ability to taste &amp; smell improves.</b>
<b>1 month</b>	<b>Appearance improves – skin loses its greyish pallor &amp; becomes less wrinkled.</b>
<b>3-9 months</b>	<b>Coughing &amp; wheezing declines.</b>
<b>1 year</b>	<b>Risk of heart attack reduces by half compared to that of a smoker</b>
<b>10 years</b>	<b>Risk of lung cancer falls to about half of that of a smoker.</b>
<b>15 years</b>	<b>Risk of heart attack falls to the same as someone who has never smoked.</b>