



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

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

WANT TO QUIT?

Please ask our reception team for an information pack. Once ready you can make an appointment with one of our advisors.

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 skins 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.

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**If you smoke 20 cigarettes per day
& stopped smoking you could save
as estimated:**

£2,292 in 1 year

£11,461 in 5 years

£22,922 in 10 years

£45,844 in 20 years

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