

What's in cigarette smoke?

Many things are found in a cigarette.

When cigarettes are made, flavors, additives and other chemicals are added to tobacco to enhance the smoking experience. Most of the harmful chemicals in cigarettes are released as gases when cigarettes are burned.



- ✓ Over 7,000 chemicals are produced by cigarette smoke!
- ✓ Nicotine, is only one of the 7,000 chemicals found in the smoke of a tobacco product. (cigarettes, cigars, pipes), Nicotine is a drug found naturally in tobacco. Nicotine is highly addictive. When you smoke, nicotine goes deep into the lungs where it is quickly picked up in the blood and taken throughout the body. Nicotine affects many parts of the body including your heart, blood vessels, your metabolism and your brain. The nicotine used in medications is safe because it is monitored by your doctor.
- ✓ Cigarette Tar is a sticky brown substance that is the main cause of lung and throat cancer in smokers.
- ✓ There are 66 KNOWN cancer-causing chemicals and 400 other known harmful chemicals that make smoke **DEADLY!** Some examples are:
 - Lead is a harmful metal, capable of causing serious damage to the brain, kidneys, nervous system and red blood cells.
 - Nickel causes increased susceptibility to lung infections.
 - Formaldehyde causes respiratory and gastro-intestinal problems.

7,000 different chemicals are found in cigarette smoke.

When you smoke you inhale up to 7000 chemicals including these poisons that are found in the following products:



Acetone: Paint Stripper and Nail Polish Remover

Ammonia: Floor Cleaner

Arsenic: Ant Poison

Benzene*: Industrial Solvent / Fuel, Dyes, Synthetic Rubbers



Butane: Lighter Fluid, Key Component of Gasoline

Cadmium*: Used in Car Batteries



Carbon Monoxide: Poisonous gas in car exhaust

DDT: Insecticides

Formaldehyde*: Embalmers use it to preserve dead bodies



Hydrogen Cyanide: Poison used in gas chambers

Methanol: Rocket Fuel

Phenol: Disinfectants

Naphthalene: Mothballs



Toluene: Industrial solvent

*Other known cancer causing substances: Naphthylamine, Pyrene, Benzopyrene
Vinyl Chloride, Toluidine, Urethane, Dibenzacridine, Polonium-210

Name 3 chemicals that you were surprised to find are in cigarette smoke:

1. _____ 2. _____ 3. _____

Practice Assignment: Try to find two common household products that contain some of the chemicals listed in cigarettes.