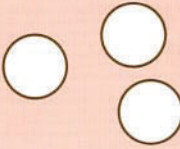













# What's in Tobacco Smoke?

Tobacco smoke contains more than 7,000 chemicals, many of which are toxic to the body. Several of these chemicals—at least 70—are carcinogens, which means that they have been proved to cause cancer in humans.

Following are some of the chemicals found in tobacco smoke and examples of other substances in which they are commonly found:

<b>Naphthalene</b> <i>mothball chemical</i> 	<b>Benzene</b> <i>gasoline additive</i> 
<b>Arsenic</b> <i>poison</i> 	<b>Cadmium</b> <i>component in batteries</i> 
<b>Hexamine</b> <i>ingredient in explosives</i> 	<b>Toluene</b> <i>paint</i> 
<b>Carbon monoxide</b> <i>car exhaust</i> 	<b>Butane</b> <i>cigarette lighter fuel</i> 
<b>Ammonia</b> <i>household cleaner</i> 	<b>Vinyl chloride</b> <i>component of PVC pipe</i> 
<b>Beryllium</b> <i>nuclear weapon</i> 	<b>Acrolein</b> <i>pesticide</i> 

## Other substances found in tobacco smoke include:

- **Acetic acid** (*vinegar*)
- **Acetone** (*nail polish remover*)
- **Formaldehyde** (*embalming fluid*)
- **Hydrogen cyanide** (*chemical weapon*)
- **Mercury** (*toxic pollutant*)
- **Methanol** (*rocket fuel*)
- **Nicotine** (*addictive drug*)
- **Stearic acid** (*candle wax*)

# What Are the Consequences of Inhaling Tobacco Smoke?

The health consequences of smoking include lung cancer, laryngeal and esophageal cancer, oral cancers, lung disease, heart attack and stroke. Tobacco smoke can be linked to erectile dysfunction or infertility, a lowered immune system, and an increased risk of disabling disease and premature death.

Nicotine is the highly addictive substance in tobacco that stimulates the nervous system. Within seconds after inhaling tobacco smoke, blood pressure, heart rate, and respiration rate all increase. Even a single puff can adversely affect the body.

Worldwide, smoking is the cause of millions of deaths every year. Smoking and tobacco use are among the most preventable causes of mortality in the world today.

Smoking is the cause of millions of deaths every year.

Smokers aren't the only ones affected by smoking.

## The Dangers of Secondhand Smoke

Smokers aren't the only ones affected by smoking—anyone who is exposed to tobacco smoke can be harmed by its toxic chemical components.

Secondhand smoke (also called Environmental Tobacco Smoke or ETS) is a mixture of the unfiltered smoke that comes from burning tobacco and the smoke exhaled by the smoker. Because smoke from a burning cigarette is unfiltered, it may contain twice the amount of tar and nicotine as the smoke that passes through the filter.

Nonsmokers who are exposed to secondhand smoke have an increased risk of developing lung cancer, and children who are exposed to secondhand smoke are more likely to develop asthma or respiratory tract infections. Secondhand smoke inhalation is responsible for thousands of deaths from lung cancer and cardiovascular disease every year.

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