



break free

No Smoking day 2010

nosmokingday.org.uk



There are over 4,000 chemicals in cigarette smoke; these are just some of them:

● **Carbon Monoxide**

takes up room in your lungs which should be filled with oxygen. Because your body needs oxygen the heart has to work harder. This can cause coronary heart disease and circulation problems.

● **Tar**

about 70% of the tar in cigarette smoke is left in the lungs where it causes many serious lung diseases.

✎ **Acetone**

used as a solvent (i.e. in nail polish remover).

✎ **Nicotine**

keeps you addicted.

✎ **Arsenic**

a deadly poison used in insecticides.

✎ **Formaldehyde**

is used to preserve dead bodies.

✎ **Shellac**

becomes a varnish for wood when mixed with a form of alcohol.

✎ **Benzene**

is used as a solvent in fuel and chemical manufacturing.

✎ **Cyanide**

is a deadly poison.

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