

# What's in a

# Cigarette?



# What's in a cigarette?



**Arsenic** (Rat poison)



**Acetone** (Nail polish remover)



**Ammonia** (Toilet cleaner)



**Nicotine** (Weedkiller)



**Methane** (Sewer gas)



**Carbon monoxide** (Car exhaust fumes)



**Tar** (Road surfaces)



**Methanol** (Racing car fuel)

There are over **7,000** **chemicals** in a cigarette, many are **toxic** and **69** are known to cause **cancer**

# Smoking harms you

- Damages nearly every organ of the body
- Causes 9 in every 10 lung cancer cases
- Increases the risk of at least 13 other cancers including mouth, liver, bladder and stomach cancer
- Increases your risk of cancer even more if you drink alcohol too
- Costs around €400 a month and nearly €5000 a year! Just think what you could do with that extra money!
- Ages the skin and can make your fingers and teeth yellow

# Smoking harms our environment

- Cigarette butts and filters take years to decompose and likely kill birds, fish and other small animals

# Smoking harms other people

- 92 people die from exposure to second-hand smoke each year (see below)

# Are e-cigarettes harmful?



E-cigarettes are still fairly new, so we don't yet know how safe they are or if they help people stop smoking. Because of this, we don't recommend e-cigarettes to help you quit smoking. It is better to use nicotine replacement therapy (NRT).

# Second-hand smoke

Second-hand smoke is the smoke from a cigarette, cigar or pipe mixed with the smoke breathed out by the smoker.

There is no safe level of exposure to second-hand smoke: It exposes non-smokers to the same harmful chemicals. Children are especially vulnerable, as their lungs are still developing.

# Second-hand smoke causes serious health problems

## For children:

- Ear infections
- Coughs and colds
- Respiratory infections - Bronchitis and pneumonia
- More frequent and severe asthma attacks
- Sudden Infant Death Syndrome (SIDS)

## For adults:

- Headaches, dizziness and nausea
- Breathing/chest problems
- Stroke
- Heart disease
- Lung cancer and other cancers

If you smoke, quitting is the single most important thing you can do to reduce your risk of cancer. The best way to succeed is to get help.

Call the HSE Quit Team for tips and advice, a personalised 'quit plan' and support from a trained advisor.

Call free on **1800 201 203**, visit **[www.quit.ie](http://www.quit.ie)** or freetext **QUIT** to **50100**



**Irish Cancer Society**

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