

DO YOU KNOW WHAT'S IN A CIGARETTE?

There are **over 7000 chemicals** in tobacco smoke and 69 of those chemicals are known to cause cancer



ARSENIC
Rat Poison



METHANE
Sewer Gas



ACETONE
Nail Varnish Remover



AMMONIA
Toilet Cleaner



CADMIUM
Batteries



BUTANE
Lighter Fuel



RADON
Radioactive Gas



METHANOL
Rocket Fuel



NICOTINE
Pesticide



CARBON MONOXIDE
Car Exhaust



TAR
Road Surfaces

Nicotine – A fast acting and addictive drug that increases heart rate and blood pressure.

Carbon Monoxide – A poisonous gas that enters your bloodstream and interferes with the working of your heart and blood vessels.

Tar – A sticky brown substance that collects in your lungs and can cause cancer.

X-HALE

www.cancer.ie/xhale



Irish
Cancer
Society