

Smoking harms you

- Damages nearly every organ in your body including your skin.
- Causes more than 7 in every 10 lung cancer cases.
- Causes at least 15 other cancers including mouth, liver, bladder and stomach cancer.
- Increases your risk of cancer even more if you drink alcohol too.
- Costs around €500 a month and €6,500 a year.

Second-hand smoke harms others



For children:

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



For adults:

- ▶ Headaches, dizziness and nausea
- ▶ Breathing and heart 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.

Contact the HSE Quit Team for tips and advice, a free personalised 'quit plan' and support from a trained advisor:

- ▶ Freephone 1800 201 203
- ▶ Freetext QUIT to 50100
- ▶ Visit www.quit.ie

Contact us

If you have questions about cancer:



Call our Support Line on Freephone
1800 200 700



Email
supportline@irishcancer.ie



Ask about a call
in your language



Ask about
a video call

Visit a
Daffodil Centre
in 13 hospitals
nationwide.



www.cancer.ie



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What you should know

Cigarettes, vapes and nicotine pouches

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.

What's in a vape?

Vapes, also called e-cigarettes, are battery-powered devices. They heat nicotine mixed with flavourings and other chemicals to create an aerosol you inhale. They can contain:

- ▶ **Nicotine**, the same highly addictive substance in tobacco.
- ▶ **Ultrafine particles** that can be inhaled deep into the lungs and can make breathing problems worse.
- ▶ **Cancer-causing chemicals** including formaldehyde.
- ▶ **Heavy metals**, like nickel, tin and lead, which can be toxic when inhaled.
- ▶ **Flavourings** like diacetyl, which have been linked to serious lung diseases.
- ▶ **Volatile organic compounds (VOCs)** like benzene (found in car exhaust), which causes blood cancers.

Harms of vaping

- Nicotine dependence
- Sleep problems
- Anxiety
- Damage to your heart, lungs and blood vessels
- Exposure to toxins
- Breathing problems for people with asthma

Over time these risks may cause cancer.

What's in nicotine pouches?

Nicotine pouches are small pouches that you put between your lip and gum. Other names for nicotine pouches include snus or white snus. The pouches are filled with powder made of:

- ▶ **Nicotine**
- ▶ **Flavourings and sweeteners**
- ▶ **Fillers and other chemicals**

Harms of nicotine pouches

Nicotine pouches can contain high levels of nicotine, which causes:

- Increased heart rate
- Increased blood pressure
- Sleep problems
- Problems with attention, learning and impulse control in young people
- Anxiety
- Heart problems
- Mouth and gum problems



We are still learning about the long-term risks of vaping and nicotine pouches. We don't recommend using either vapes or nicotine pouches to help you quit smoking. It is better to use Nicotine Replacement Therapy (NRT), which is free from the HSE. See back cover of this leaflet for more information.