Tobacco smoke contains over 4000 chemicals – many are poisonous, 60 known to be cancer causing.

**KNOW YOUR POISON**

Here are some to think about:

**Arsenic** (ant poison)

**Ammonia** (cleaning agent)

**Acetone** (polish remover)

**Toluene** (explosives)

**DDT** (insecticide)

**Nicotine** (weedkiller)

**Methanol** (aviation fuel)

**Butane** (lighter fuel)

**Carbon monoxide** (car exhaust fumes)

**Benzene** (petrol fumes)

**Hydrogen cyanide** (poison in gas chambers)

**Polonium 210** (radioactive material)
TOP TEN TIPS FOR QUITTING

1. Prepare to quit
2. Set a Date
3. Get support
4. Watch out for triggers
5. Get some exercise
6. Reward yourself
7. 4 D’s to deal with cravings:
   • Delay
   • Drink water
   • Distract yourself
   • Deep breathe
8. Think positive
9. Watch what you eat
10. Take one day at a time

Quitting smoking is the best step to take to improve your health and fitness

For information, advice and support call the National Smoker’s Quitline 1850 201 203

www.cancer.ie