

## What About Cigarettes?

Even with your very first cigarette, your heart beats faster and your breathing is faster and shallower. Your blood pressure rises and you breathe in over 4,000 toxic substances.

### Things Found in Cigarette Smoke:

Acetone — main ingredient in nail polish remover

Ammonia — used in household cleaners

Carbon Monoxide — exhaust from a car

Vinyl Chloride — same compound used in trash bags

Benzene — found in gasoline

Hydroquinone — used in paints and motor fuel

Acetaldehyde — used in glue

Cadmium — found in batteries



**Smoking damages nearly every organ in the human body.**

In the respiratory system, smoking damages your lungs and can lead to emphysema, bronchitis and pneumonia. Your heart and your circulation suffer too.

**Smoking causes heart disease and increases the risk of heart attack and stroke. Smoking causes many different types of cancer and is the most preventable cause of death.**



# Say NO to smoking!