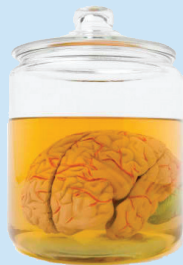


HEALTHY STEPS TO QUITTING TOBACCO

Anatomy of a Cigarette

There are over **7,000** chemicals in tobacco smoke.
At least **250** are known to be harmful.
Of those, **69** can cause cancer.
Here are nine you may be familiar with:

Formaldehyde kills most species of bacteria and is used for preserving cadavers and laboratory specimens. It causes cancer and is now banned in many countries.



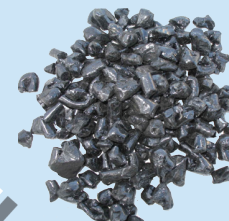
Arsenic is a toxic metal used in wood preservatives and insecticides. It causes death from multi-organ failure in high doses and headaches, diarrhea and weakness in low doses.



Nicotine is a deadly toxin that causes nausea, headaches, and increased blood pressure. Nicotine is commonly used in insecticides.



Benzopyrene is one of the most potent cancer-causing chemicals known. It can be found in tar, coal engine exhaust fumes, and tobacco smoke.



Cadmium is used in batteries. It builds up in the body and causes cancer. Cigarette smoking is the main cause of cadmium exposures.



Benzene is found in crude oil, gasoline fumes and vehicle emissions. It causes leukemia and other cancers.



Turpentine is a paint thinner. In cigarette smoke it irritates the respiratory tract. High exposures cause kidney and nerve damage.



Ethylene Oxide is used to make antifreeze and to clean medical equipment.



Acetone is an active ingredient in paint thinner and nail polish remover.

