What’s in cigarette smoke?

Many things are found in a cigarette.
When cigarettes are made, flavors, additives and other chemicals are added to tobacco to enhance the smoking experience. Most of the harmful chemicals in cigarettes are released as gases when cigarettes are burned.

- Over 7,000 chemicals are produced by cigarette smoke!
- Nicotine, is only one of the 7,000 chemicals found in the smoke of a tobacco product. (cigarettes, cigars, pipes), Nicotine is a drug found naturally in tobacco. Nicotine is highly addictive. When you smoke, nicotine goes deep into the lungs where it is quickly picked up in the blood and taken throughout the body. Nicotine affects many parts of the body including your heart, blood vessels, your metabolism and your brain. The nicotine used in medications is safe because it is monitored by your doctor.
- Cigarette Tar is a sticky brown substance that is the main cause of lung and throat cancer in smokers.
- There are 66 KNOWN cancer-causing chemicals and 400 other known harmful chemicals that make smoke DEADLY! Some examples are:
  - Lead is a harmful metal, capable of causing serious damage to the brain, kidneys, nervous system and red blood cells.
  - Nickel causes increased susceptibility to lung infections.
  - Formaldehyde causes respiratory and gastro-intestinal problems.

7,000 different chemicals are found in cigarette smoke.
When you smoke you inhale up to 7000 chemicals including these poisons that are found in the following products:

**Acetone:** Paint Stripper and Nail Polish Remover

**Ammonia:** Floor Cleaner

**Arsenic:** Ant Poison

**Benzene***: Industrial Solvent / Fuel, Dyes, Synthetic Rubbers

**Butane:** Lighter Fluid, Key Component of Gasoline

**Cadmium***: Used in Car Batteries

**Carbon Monoxide:** Poisonous gas in car exhaust

**DDT:** Insecticides

**Formaldehyde***: Embalmers use it to preserve dead bodies

**Hydrogen Cyanide:** Poison used in gas chambers

**Methanol:** Rocket Fuel

**Phenol:** Disinfectants

**Naphthalene:** Mothballs

**Toluene:** Industrial solvent

*Other known cancer causing substances: Naphthylamine, Pyrene, Benzopyrene Vinyl Chloride, Toluidine, Urethane, Dibenzacridine, Polonium-210

Name 3 chemicals that you were surprised to find are in cigarette smoke:

1. ________________ 2. ________________ 3. ________________

**Practice Assignment:** Try to find two common household products that contain some of the chemicals listed in cigarettes.