



**ONCE YOU
START, IT'S
HARD TO**

People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Statistics show that about 9 out of 10 tobacco users start before they're 18 years old. Most adults who started smoking in their teens never expected to become addicted. That's why people say it's just so much easier to not start smoking at all.

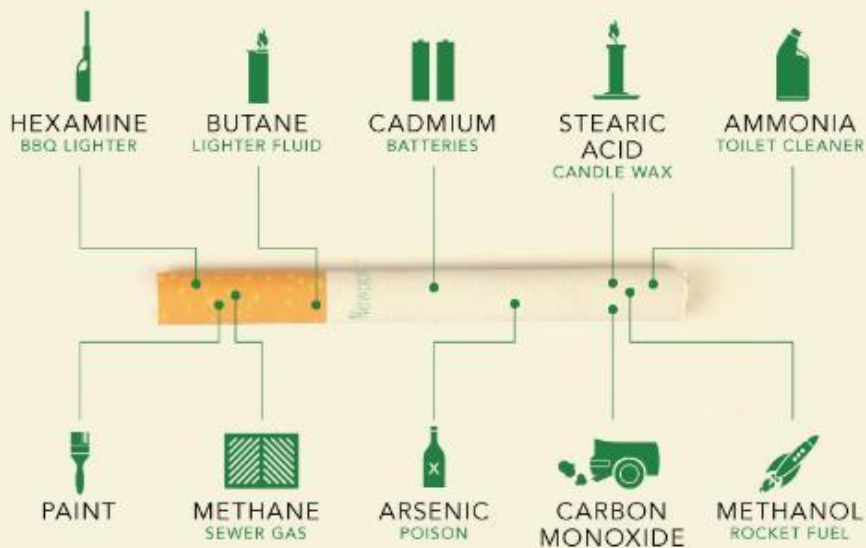


**paper, additives,
tobacco blend,
cigarette
cigarette
cigarette**



**cigarettes, cigars, and
pipe tobacco are made
from dried tobacco
leaves, and ingredients
are added for flavor and**

CIGARETTE SMOKE CONTAINS OVER
4,800 CHEMICALS,
INCLUDING...



RESULTING IN A DEATH EVERY
6.5 SECONDS.



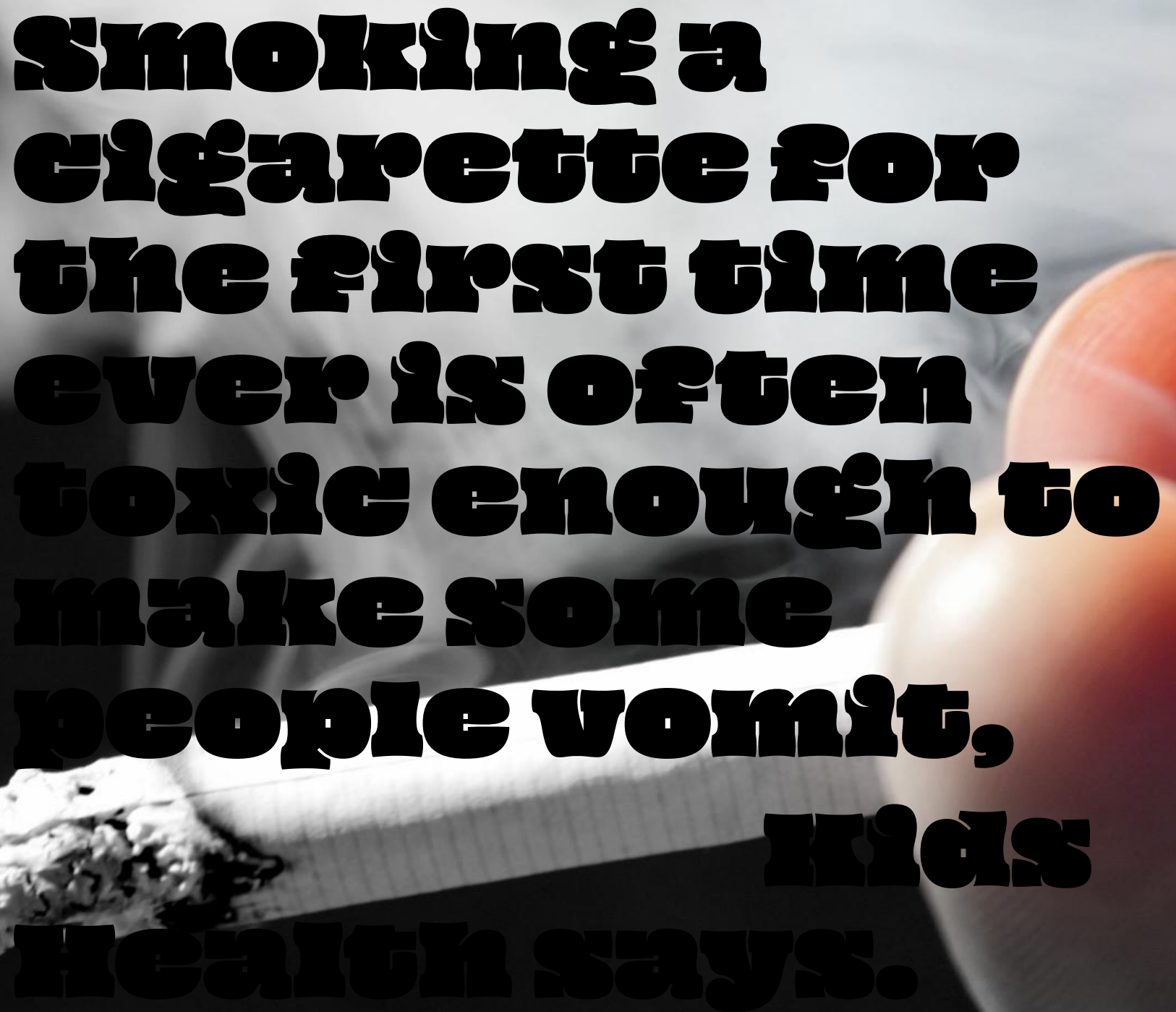
TOBACCO KILLS OVER
20 TIMES
MORE PEOPLE THAN MURDER.

Some of the chemicals found
in tobacco smoke include:

- Cyanide
- Benzene
- Formaldehyde
- Methanol (wood alcohol)
- Acetylene (the fuel used in welding torches)
- Ammonia

Some cancer-causing chemicals in tobacco smoke and their other common uses:

1. Nicotine – highly addictive
2. Hydrogen cyanide - used as an industrial pesticide
3. Carbon monoxide - found in car exhausts and used in chemicals manufacturing
4. Nitrogen oxides - a major component of smog
5. Ammonia - used to make fertilizers and explosives
6. Tar - a mixture of dangerous chemicals
7. Arsenic - used in wood preservatives
8. Benzene - an industrial solvent, refined from crude oil
9. Cadmium - used in batteries
10. Formaldehyde- used in mortuaries and paint manufacturing
11. Chromium - used to manufacture dye, paints and alloys
12. Polycyclic aromatic hydrocarbons - a group of dangerous DNA-damaging chemicals



**Smoking a
cigarette for
the first time
ever is often
toxic enough to
make some
people vomit,
Aids
Health says.**


Once nicotine gets into the brain, it causes brain neurons to create dopamine, a neurotransmitter that causes feelings of pleasure. Therefore, dopamine naturally occurs when people are in situations that make them feel

need more nicotine to
get the same effect.
They usually end up
smoking more often
to get that same
nicotine high.

Nicotine tolerance
builds up rapidly
over the course of

the day. It's inevitable,
constant. It's not
controllable.

difficulty paying
attention or



Smoking is responsible for several diseases, such as cancer, long-term (chronic) respiratory diseases, and heart disease, as well as premature death.

Smoking is the largest cause of preventable death in the world. Recent studies have found that smokers can undermine the health of non-smokers in some environments.

**SMOKING
CAUSES
BLINDNESS**



Brand
Variant

25

**SMOKING CAUSES
PERIPHERAL
VASCULAR DISEASE**



GANGRENE

Brand
Variant

SMOKING

indicates that tobacco
found in your breath,
and when you smoke.

90% of lung

- Bladder cancer

- Kidney cancer patients

chances of their disease
per year and

large quantities of smoking.

common: prostate

- Mouth cancer

- Esophageal cancer

common: oral

- Cancer of the

pancreas

- Stomach cancer

- Some types

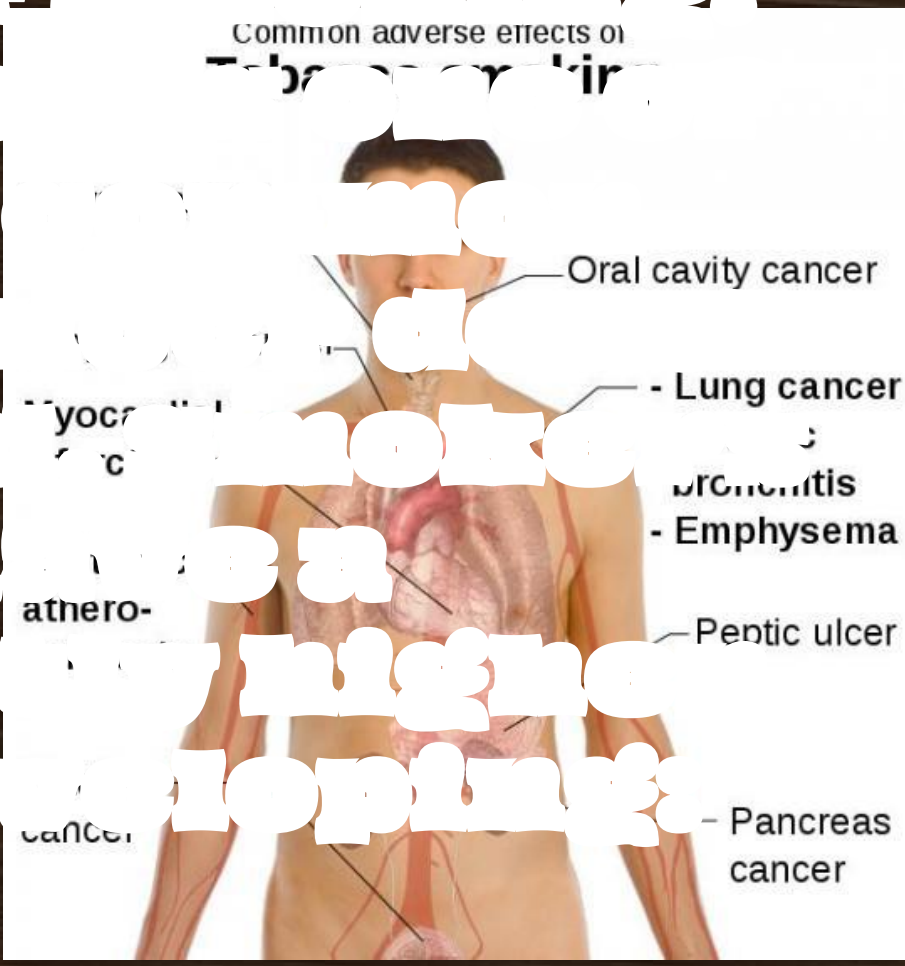
of Hodgkin's cancer

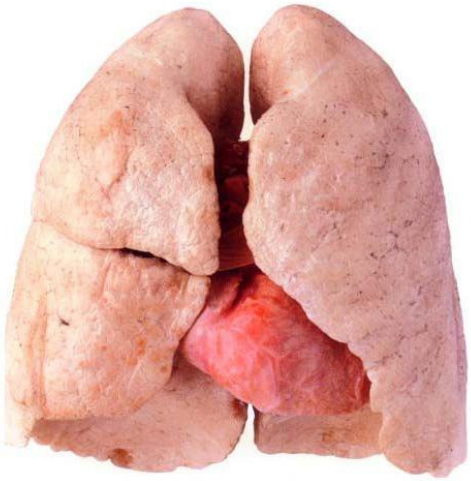
- Cancer of the

nose and sinuses

- Cervical cancer

- Bowel cancer





Healthy Lung



Smoker's Lung





Consider these tips:

Stop and take a deep breath. Taking five to 10 deep breaths is a good start to stress relief. You also get the benefit of inhaling clean air into your lungs without those harmful chemicals!

Go for a walk. Physical activity can release a chemical in your body that improves your mood and relieves stress. Walking for 30 minutes a day can be a healthy distraction, burn extra calories and help your heart.

Try to relax. Stress can make your muscles tense. Relax them by stretching, deep breathing, doing yoga, getting a message or even closing your eyes and visualizing yourself in a peaceful place.

Call a friend. Talking through your highs and lows with family, friends or even a support group can give you comfort and positive reinforcement.

Cut back on caffeine. Caffeine is a stimulant that will increase your heart rate and your anxiety. When you're trying to decrease your stress, caffeine makes you tense, keeps you up at night and may even cause you to want to smoke.

Take care of your body. Drink lots of water, eat healthy and get extra sleep. You'll feel more energized and ready to handle stress.

