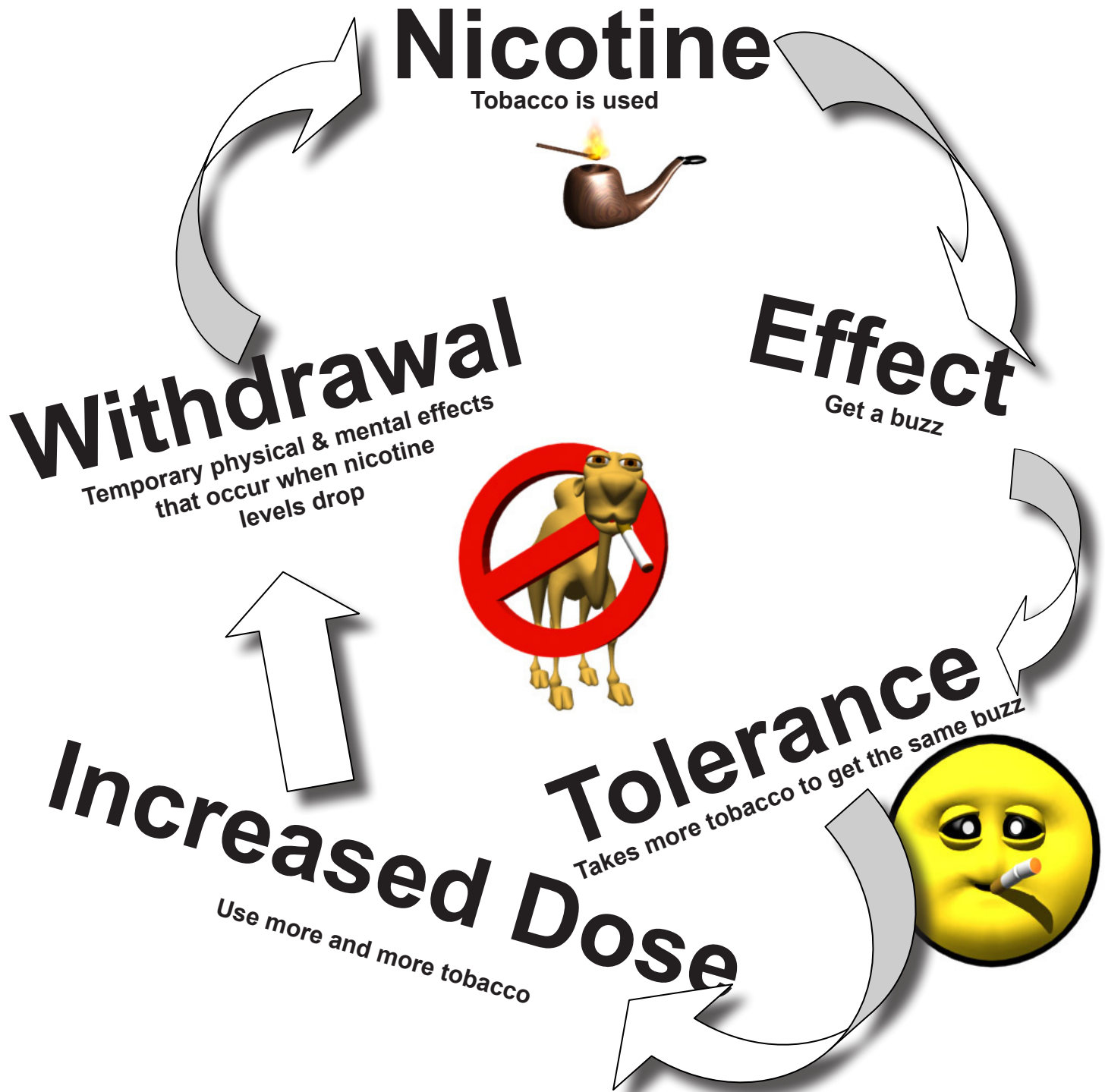










The Cycle of Nicotine Addiction



What's in Cigarette Smoke?

Chemicals in Cigarette Smoke	Also found in.....	Health Effects
Carbon Monoxide	car exhaust 	restricts oxygen to body
Nicotine	pesticide	addictive
Ammonia	floor cleaner	toxic to the body
Hydrogen cyanide	gas chamber poison 	breathing difficulties
Arsenic	rat poison 	tingling in hands and feet
Naphthalene	moth balls	headache, sweating 
DDT	insecticide	causes cancer
Cadmium	car batteries 	yellow teeth, inability to smell
Vinyl chloride	garbage bags	dizziness, causes cancer
Acetic Acid	hair dye developer	skin discoloration
Lead	x-ray shielding	sleep disturbance, aching bones
Styrene	insulation	depression muscle weakness
Formaldehyde	preservative for dead bodies 	causes cancer
Nitric oxide	fertilizer, explosives & dye	fluid in lung tissue

During the manufacturing process, tobacco is treated with a variety of chemicals to enhance nicotine absorption, keep the product fresh, act as filler, change the taste, control the speed of burning, etc. When burned, the resulting smoke contains more than 4,000 chemicals, many of which are known to cause cancer.

The Benefits of Quitting

Within 20 Minutes

- Blood pressure drops to normal
 - Pulse rate drops to normal
- Body temperature of hands and feet returns to normal

Within Eight Hours

- Carbon monoxide levels in the blood return to normal
- Oxygen level increases to normal

Within 24 Hours

- Risk of heart attack decreases

Within 48 Hours

- Ability to smell and taste improves

Within 72 Hours

- Breathing gets easier as bronchial tubes relax
 - Lung capacity increases

Within Three Weeks

- Mucus in the lungs loosens
- Lung function increases up to 30 percent

Within Two Months

- Blood flows more easily to arms and legs
- Lung function increases up to 30 percent

After Three Months

- Lungs become healthier. Breathing becomes easier and colds don't come as easily

After One Year

- Risk of sudden death from heart attack is cut almost in half

After Five Years

- Lung cancer death rate for the average smoker (one pack a day) decreases nearly 50 percent

Within 10 Years

- Risk of heart attack and strokes becomes almost the same as that of non-smokers
 - Risk of cancer drops significantly