

## Reasons Not to Smoke

- Cancer Risk! - Lung cancer kills people every year
- MONEY! It's expensive (over £2000 a year for a pack a day, an estimation, it can be more)
- Bad breath -- others do smell it
- Stained teeth and fingers
- Regular coughs and sore throats
- Breathing problems including Asthma
- Fatigue (Tiredness)
- Arguments with parents, friends who want you to stop smoking.
- Heart disease risk, including heart attack, no you're not too young.
- Risk of Gum disease
- It stinks up your clothes, hair and skin,
- Risk of second hand smoke to people around you
- It is addictive

## What's in Tobacco?

- There are more than 4,000 chemicals found in cigarettes  
**(250 are toxic poisons, 50 cause cancer)**  
Some chemicals found in tobacco include:

**Ammonia** (found in toilet bowl cleaner);

**Arsenic** (ingredient in rat poison);

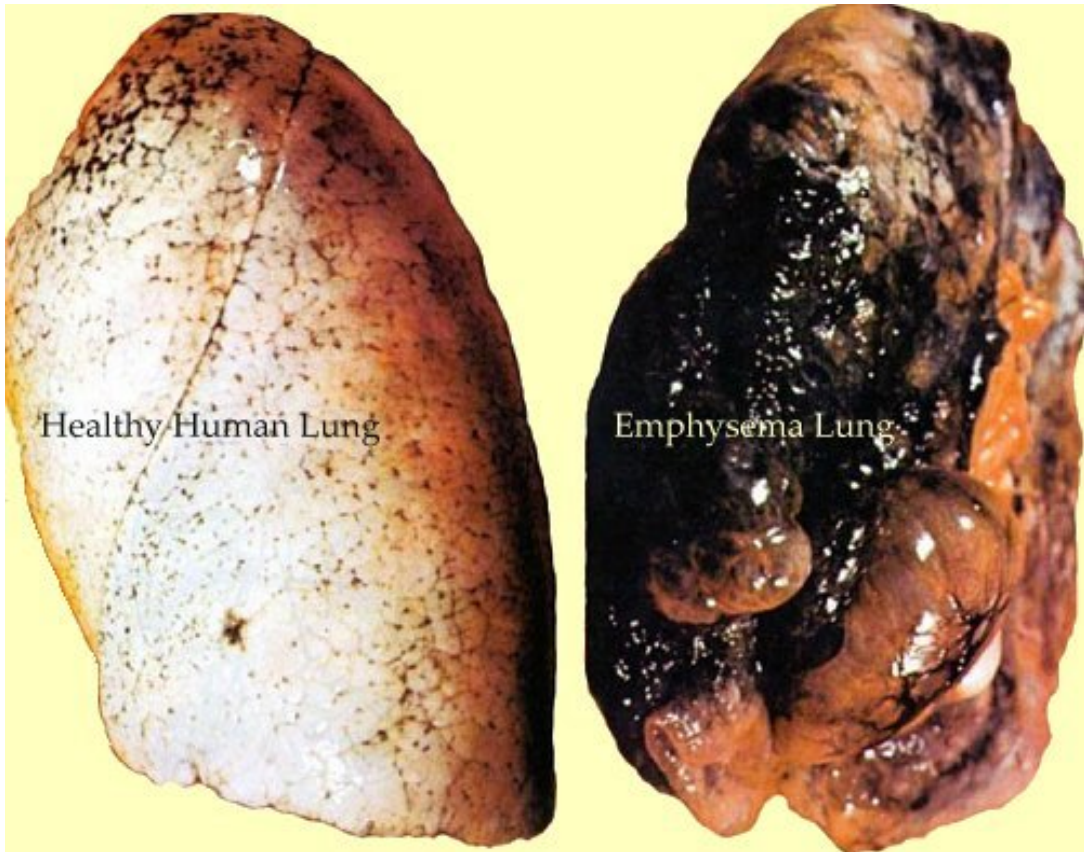
**Polonium 210** (nuclear waste);

**Carbon Monoxide** (car exhaust);

**Acetone** (used in finger nail polish remover)

- Nicotine remains in the body for 8 to 12 hours after a single use of tobacco.

*Source: Centers for Disease Control and Prevention (CDC)*



**Photo Credit: ``The ABC's of Smoking'' by Michael F. Russo, Published by W.R. Spence, MD, Div of WRS Group, Waco, Tx**