

NICOTINE ADDICTION AND QUITTING



Chemicals Found in Tobacco

Acetaldehyde (used as a solid fuel)

Acetone (paint stripper)

Acetic Acid (vinegar)

Acetylene (metal welding)

Acrolein (tear gas)

Ammonia (toilet and floor cleaner)

Arsenic (rat poison)

Benzene (carcinogen)

Benzo(a)pyrene (car exhaust)

Butane (lighter fluid)

Cadmium (batteries)

Carbon Monoxide (car exhaust)

Dimethylamine (agricultural fungicide)

DDT/Dieldrin (pesticides)

Ethanol (alcohol)

Formaldehyde (body tissue preservative)

Hydrogen Cyanide (gas chamber poison)

Hydrogen Sulfide (toxic sewer gas)

Hydroquinone (photographic developer)

Isoprene (synthetic rubber)

Methane (swamp and sewer gas)

Methanol (rocket fuel, antifreeze)

Methylamine (rocket propellant, explosives)

Napthalene (mothballs)

Nicotine (insecticide)

Nitrogen Dioxide (deadly poison)

Phenol (plywood adhesive)

Propane (tractor fuel)

Pyrene (coal tar)

Stearic Acid (candle wax)

"Tar"

Toluene (industrial solvent)

Furfural (industrial solvent)

Hexamine (barbeque lighter)

PREVENTION DIMENSIONS



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When Smokers Quit

20 MINUTES

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

8 HOURS

- * Carbon monoxide level in blood drops to normal
- * Oxygen level in blood increases to normal

24 HOURS

- * Chance of heart attack decreases

48 HOURS

- * Nerve endings start regrowing
- * Ability to smell and taste is enhanced

2 WEEKS to 3 MONTHS

- * Circulation improves
- * Walking becomes easier
- * Lung function increases up to 30%

1 to 9 MONTHS

- * Coughing, sinus congestion, fatigue, shortness of breath decrease
- * Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infections
- * Body's overall energy increases

1 YEAR

- * Excess risk of coronary heart disease is half that of a smoker

5 YEARS

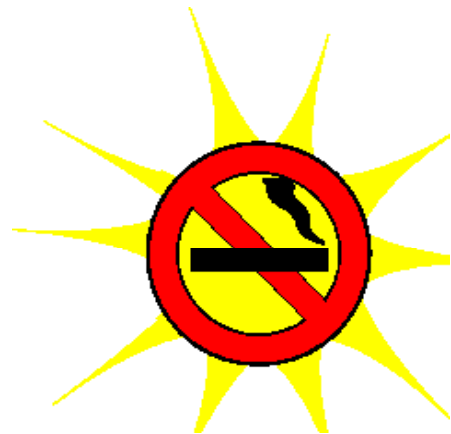
- * Lung cancer death rate for average former smoker decreases by almost half
- * Stroke risk is reduced to that of a non-smoker 5-15 years after quitting
- * Risk of cancer of the mouth, throat and esophagus is half that of a smoker

10 YEARS

- * Lung cancer death rate is similar to that of non-smokers
- * Precancerous cells are replaced
- * Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

15 YEARS

- * Risk of coronary heart disease is that of a non-smoker



Sources: American Cancer Society; Centers for Disease Control and Prevention