NorthShore University HealthSystem explores the heavy consequences of smoking and the big benefits of quitting.

WHEN YOU LIGHT UP, EVERYONE AROUND YOU SMOCKS TOO.

WHAT'S IN A CIGARETTE?

<table>
<thead>
<tr>
<th>Chemicals</th>
<th>Produced when lit</th>
<th>Carcinogens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetone</td>
<td>Found in nail polish removers</td>
<td>70+</td>
</tr>
<tr>
<td>Ammonia</td>
<td>Found in household cleaners</td>
<td>70+</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Found in mothballs</td>
<td>70+</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Found in lighter fluid</td>
<td>70+</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Found in cigarettes</td>
<td>70+</td>
</tr>
<tr>
<td>Butane</td>
<td>Found in paint</td>
<td>70+</td>
</tr>
<tr>
<td>Cadmium</td>
<td>Found in battery acid</td>
<td>70+</td>
</tr>
<tr>
<td>Carbon monoxide</td>
<td>Found in car exhaust</td>
<td>70+</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>Found in embalming fluid</td>
<td>70+</td>
</tr>
<tr>
<td>Hexamine</td>
<td>Found in lighter fluid</td>
<td>70+</td>
</tr>
<tr>
<td>Methanol</td>
<td>Found in rat poison</td>
<td>70+</td>
</tr>
<tr>
<td>Tar</td>
<td>Found in tar paint</td>
<td>70+</td>
</tr>
<tr>
<td>Toluene</td>
<td>Found in lighter fluid</td>
<td>70+</td>
</tr>
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<td>Acetone</td>
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</tr>
<tr>
<td>Acetone</td>
<td>Found in rocket fuel</td>
<td>70+</td>
</tr>
</tbody>
</table>

THE DAMAGE YOU DO

SECONDHAND SMOKE

Secondhand smoke is responsible for:

- A 25-30% increased risk of heart disease, contributing to 46,000 heart disease deaths.
- A 20-30% increased risk of lung cancer, contributing to 3,400 lung cancer deaths.

THE YEARLY BILL

If you buy into this habit, here are the costs.

- Smoking-related deaths: 393,000
- Lost productivity & direct healthcare expenses: $119 billion
- Smoking-related medical expenses: $4,230
- A pack-a-day smoker ingests a full cup of tar into his lungs each year.

WHAT'S IN A CIGARETTE?

600* 70+ Ingredients, 4,000+ Chemicals

A 25-30% increased risk of heart disease, contributing to 46,000 heart disease deaths.

SECONDHAND SMOKE

When you light up, everyone around you smoke too.

THE DAMAGE YOU DO

Smoking affects the entire body. Here’s what happens when you light up.

- Heart rate increases between 10-25 beats per minute.
- Blood pressure jumps 10-15%.
- Blood vessels constrict & skin wrinkles.
- Cells that keep lung airways open are paralyzed.
- Nose and eyes begin to water.
- Throat becomes irritated.
- Cells that keep lungs clear are paralyzed.
- Tar buildup begins.
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