





Take a look at the picture below. These are just some of the dangerous chemicals added to cigarettes to stop the ciggy going stale, to help the nicotine reach your brain faster, to control the way the cigarette burns and to keep you addicted.

There's only one way to avoid these harmful chemicals and keep your teeth, mouth and gums healthy - give up smokes for good. Speak to your local health professional who can show you how.

CHEMICAL	DESCRIPTION
FORMALDEHYDE	This is a serious poison! It kills most germs and is used to preserve dead bodies. It also causes cancer and is banned in lots of countries.
TURPENTINE	This toxic paint thinner hurts your airways, making breathing harder. Too much of this stuff will cause kidney and nerve damage.
CADIUM	This is found mostly in batteries, so this is not stuff you want in your body. It's known to increase the risk of cancer.
NICOTINE	It causes nausea, headaches and increased blood pressure and is used in toxic pesticides.
PROPYLENE GLYCOL	The cigarette companies say it keeps tobacco moist and flexible but it also helps push smoke deeper into your lungs causing more damage.
BENZENE	Found in crude oil, it causes leukaemia and other cancers.
AMMONIA	This nasty smelling stuff is found in household cleaning products and helps deliver nicotine to the brain faster.
BENZOPYRENE	This is one of the most potent cancer causing chemicals. You'll find it in tar, coal, engine exhaust fumes, burnt food and tobacco smoke.
BUTANE	This causes a range of breathing problems when inhaled in cigarette smoke. It's found in cigarette lighter fluid.
ARSENIC	This is an insecticide. In large doses, arsenic causes death by attacking your organs. In small doses, it causes headaches, the runs and weakness.
LEAD	Lead damages your nerves and causes blood, kidney and brain disorders.
ACETONE	It irritates the airways and makes breathing more difficult. It's found in nail polish remover and paint thinner.

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DRUG ALCOHOL

