

CIGARETTE SMOKE TOXINS

Examples of poisonous and cancer-causing chemicals in cigarette smoke:

- ◆ **Arsenic** — This deadly poison causes diarrhea, cramps, anemia, paralysis and malignant skin tumors. It's used in pesticides.
- ◆ **Lead** — Lead poisoning stunts your growth, makes you vomit and damages your brain.
- ◆ **Hydrogen Cyanide**— Used in chemical weapons.
- ◆ **Cadmium** — It causes damage to the liver, kidneys and brain, and stays in the body for years.
- ◆ **Butane** — Highly flammable butane is one of the key components of gasoline.
- ◆ **Toluene** — Toluene is highly toxic. It is commonly used as an ingredient in paint thinner.
- ◆ **Acetone** — It's one of the active ingredients in nail polish remover.
- ◆ **Formaldehyde** — It causes cancer, and can damage your lungs, skin and digestive system. Embalmers use it to preserve dead bodies.
- ◆ **Ammonia** — Scientists have discovered that ammonia lets you absorb more nicotine - keeping you hooked on smoking.

Within 20 Minutes of Quitting....

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

- ◆ 20 Minutes After Quitting— Your heart rate drops.
- ◆ 12 Minutes After Quitting—Carbon monoxide level in your blood drops to normal.
- ◆ 2 Weeks to 3 Months After Quitting— Your heart attack risk begins to drop. Your lung function begins to improve.
- ◆ 1 to 9 Months After Quitting— Your coughing and shortness of breath decrease.
- ◆ 1 Year After Quitting— Your added risk of coronary heart disease is half that of a smoker's.
- ◆ 5 Years After Quitting— Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.
- ◆ 10 Years After Quitting— Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- ◆ 15 Years After Quitting— Your risk of coronary heart disease is back to that of a nonsmoker's.

Taney County Health Department



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SMOKING BEFORE, DURING AND AFTER PREGNANCY



**Do You Know
The Facts?**

TOBACCO SMOKE BEFORE, DURING AND AFTER PREGNANCY

Cigarette smoke contains more than 4,000 chemicals, including truly nasty things like cyanide, lead, and at least 60 cancer-causing compounds.

Smoking can cause many health problems like:

- ◆ Emphysema, chronic obstructive pulmonary disease, and other lung conditions.
- ◆ Lung cancer.
- ◆ Cancer of the bladder, mouth, larynx, throat, cervix, kidney, pancreas, and stomach.
- ◆ Increased risk of heart disease and stroke.
- ◆ Increased heart rate and blood pressure.

Most smokers know that they are addicted, but they may not realize that there are three different parts to addiction. You have a better chance of quitting if you address all three parts of the addiction.

- ◆ **Physical-** Nicotine is addictive. It actually causes physical changes in the brain.
- ◆ **Mental-** Smokers get hooked on the taste, smell, and feel of cigarettes. They also link smoking with many activities, such as driving to work or relaxing after a meal.
- ◆ **Social-** Smoking plays a huge role in our society. Teenagers often begin smoking to fit into a group. Social groups even form when the same employees regularly go outside to smoke during breaks.

Smoking During Pregnancy Can Hurt Your Baby

When you smoke during pregnancy, the poisonous chemicals that are inhaled, travel from you to your baby preventing the baby from getting enough oxygen and nutrients.

Risks for baby:

- ◆ Your baby may be born too soon or too small.
- ◆ You will have a higher chance of miscarriage.
- ◆ Your baby will have a higher chance of Sudden Infant Death Syndrome (SIDS).
- ◆ Your baby may develop lung problems such as asthma.
- ◆ Your baby is more likely to have learning disorders and behavioral problems.
- ◆ If you do not smoke but are exposed to secondhand smoke you are still putting your baby at risk of experiencing the same problems.

Secondhand Smoke

Secondhand smoke is the smoke that smokers breathe out. It is also the smoke that comes from a burning cigarette, cigar or pipe. It is sometimes called environmental tobacco smoke (ETS).

Things you should know about secondhand smoke:

- ◆ Smoke from the burning end of a cigarette contains more toxins than smoke inhaled by a smoker.

- ◆ Each year more than 3,000 nonsmokers die from lung cancer caused by secondhand smoke.
- ◆ Secondhand smoke is especially harmful to children.
- ◆ Secondhand smoke causes as many as 300,000 cases of pneumonia and bronchitis in children every year.
- ◆ It doubles a baby's risk of sudden infant death syndrome (SIDS).
- ◆ Children who breathe secondhand smoke are more likely to get colds, allergies, asthma, and ear infections.
- ◆ Ask babysitters, grandparents and friends not to smoke in your home.
- ◆ Smoking in another room of the house away from children is **NOT** the same as smoking outside.

Third-hand Smoke

Third-hand smoke is tiny toxic particles in smoke that linger long after a cigarette is put out. Third-hand smoke has been identified as a threat to children's health. Toxic particles in smoke settle on surfaces and build up over time.

Where it collects:

- ◆ Carpets
- ◆ Furniture
- ◆ Clothing
- ◆ Walls
- ◆ Floors
- ◆ Car Interiors

Why children are at risk:

Young children crawl on the floor, put toys and fingers in mouth, and breathe in particles on parents' clothes.

Protect your children:

- ◆ If you are pregnant and you smoke QUIT today.
- ◆ To get help, talk with your doctor or call 1-800-QUIT-NOW.