Smoking

Young People's pocket-guide to being smoke-free
“I’m young and healthy and I only smoke a few cigarettes a day”. That’s a few too many!

Cigarette smoke contains over 4000 chemicals that can give you dreadful illnesses and diseases.

Passive smoking is breathing in smoke from other people’s cigarettes and is capable of causing asthma attacks, coughs, headaches, ear infections, cancer and much more.

Why not stay smoke-free and be healthy, feel fitter and enjoy more money!

Encourage your family and friends also to be smoke-free.
### What's in a cigarette?

Some of the poisons contained in cigarette smoke

<table>
<thead>
<tr>
<th>Poisons</th>
<th>Found in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbon monoxide</td>
<td>Gas in car exhausts</td>
</tr>
<tr>
<td>Tar</td>
<td>Road surfaces</td>
</tr>
<tr>
<td>Nicotine</td>
<td>Pesticide</td>
</tr>
<tr>
<td>Acetone</td>
<td>Nail Polish remover</td>
</tr>
<tr>
<td>Ammonia</td>
<td>Cleaning agent</td>
</tr>
<tr>
<td>Arsenic</td>
<td>Ant killer</td>
</tr>
<tr>
<td>Benzene</td>
<td>Petrol fumes</td>
</tr>
<tr>
<td>Butane</td>
<td>Lighter fuel</td>
</tr>
<tr>
<td>Formaldehyde</td>
<td>Embalming fluid</td>
</tr>
<tr>
<td>Hydrogen cyanide</td>
<td>Gas chamber poison</td>
</tr>
<tr>
<td>Methanol</td>
<td>Rocket fuel</td>
</tr>
<tr>
<td>Toluene</td>
<td>Industrial solvent</td>
</tr>
<tr>
<td>DDT</td>
<td>Insecticide</td>
</tr>
<tr>
<td>Radon</td>
<td>Radioactive gas</td>
</tr>
<tr>
<td>Polonium</td>
<td>Radioactive fallout</td>
</tr>
</tbody>
</table>

[Image of a lit cigarette with smoke]
Smoking
What it does to your body

cancer of the nose

cancer of the mouth

increased coughing & sneezing

shortness of breath

lung cancer

leukaemia

chronic bronchitis & emphysema

cancer of the kidney

cancer of the bladder

affected fertility

gangrene

stroke
defective vision
cancer of the larynx
cancer of the throat
cancer of the oesophagus
aortic aneurysm
coronary heart disease
cancer of the stomach
peptic ulcer
cancer of the pancreas
peripheral vascular disease

Is it worth it? Smoking is the greatest single cause of ill health and early death in the U.K.
Cigarettes are made from the dried leaves of tobacco plants and these are treated with chemicals that are very poisonous:

Tar - black and sticky which coats the lungs

Nicotine - addictive chemical increases the heart rate and blood pressure

Carbon Monoxide - poisonous gas which reduces the amount of oxygen in the blood

Top tips to becoming smoke-free
- why not quit now!

- Pick a date to stop
- List your personal reasons for stopping
- Ask a friend to quit and support each other
- Keep busy - find something new to do
- Try some exercise - you will feel fitter
- Drink more water - it helps with the cravings
- Be positive and think “I can do it!”
## Cash not Ash!

**Smoking is an expensive habit, how much does it cost?**

<table>
<thead>
<tr>
<th>Cigarettes per day</th>
<th>Per Day (£)</th>
<th>Per Week (£)</th>
<th>Per Month (£)</th>
<th>Per Year (£)</th>
<th>in 5 Years (£)</th>
<th>In 10 Years (£)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>£1.20</td>
<td>£8.40</td>
<td>£36.00</td>
<td>£438.00</td>
<td>£2,190</td>
<td>£4,380</td>
</tr>
<tr>
<td>10</td>
<td>£2.40</td>
<td>£16.80</td>
<td>£72.00</td>
<td>£876.00</td>
<td>£4,380</td>
<td>£8,760</td>
</tr>
<tr>
<td>20</td>
<td>£4.80</td>
<td>£33.60</td>
<td>£144.00</td>
<td>£1,752</td>
<td>£8,760</td>
<td>£17,520</td>
</tr>
</tbody>
</table>

Based on a price of £4.80 for a standard pack of 20 cigarettes.
Benefits of being smoke-free

- Healthy lungs, heart and blood
- Breathe easily - not breathless
- Fitter - not exhausted when exercising
- Fresh breath and kissable
- Clean hair and clothes
- Better sense of taste and smell
- Nicotine-free teeth and fingers
- Fresh looks - no wrinkles
- Feeling healthy and positive
- More money... extra cash to buy your favourite things such as, magazines, computer games, make-up, mobile 'phone top-up cards, CDs.