What's Your Poison?

When you smoke, you inhale up to 4000 chemicals including these poisons:

- Acetone (Paint stripper)
- Mercury
- Lead
- Dimethylnitrosamine
- Nicotine
- Cadmium (Used in car batteries)
- Carbon Monoxide (Poisonous gas in car exhausts)
- Benzopyrene
- Vinyl Chloride (Makes PVC)
- Hydrogen Cyanide (Poison used in gas chambers)
- 4-Aminobiphenyl
- Urethane
- Toluene (Industrial solvent)
- Arsenic (White ant poison)
- Dibenzacridine
- Phenol
- Formaldehyde
- DDT (Insecticide)

It's enough to make you sick...

Very sick!

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Lung Facts

The Good News...

The good news is that smokers can quit. In many cases the damage done by tobacco can be reversed. Within minutes of smoking that last cigarette, the body begins to repair & rejuvenate itself.

20 minutes after your last cigarette... Blood pressure and pulse rate will drop to normal. Body temperature increases to normal.

8 hours... Carbon monoxide levels in the blood drop and oxygen levels increase to normal.

24 hours... Chance of a heart attack begins to decrease.

48 hours... Food begins to taste and smell better.

2 Weeks to 9 Months... Circulation improves; no more cold hands and feet. Coughing, congestion, tiredness, and shortness of breath decrease. Walking becomes easier and smoker's cough will begin to fade away. The body's overall energy will increase.

1 Year... Risk of heart disease is half that of a smoker.

5 Years... Chance of dying from lung cancer for the average former smoker decreases by almost half. Chance of a stroke will gradually reduce to that of a non-smoker 5-15 years after quitting.

10 to 15 Years... Chance of dying from lung cancer is about the same as that of a non-smoker. Risk of cancer of the mouth, throat, wind pipe, bladder, kidney, and pancreas drop. Risk of heart disease becomes that of a non-smoker.

More good news...

Even reducing the amount you smoke can be helpful to your body. Cutting back is a great first step towards quitting.

Last year 5.6 million smokers quit and you can too!!

For more information on the Good News of quitting, then contact the Smokers' Helpline at

1-800-363-5864

or check out our website

http://www.smokershelp.net.

WHEN YOU CAN'T BREATHE, NOTHING ELSE MATTERS