

WHAT IS IN A CIGARETTE?

Cigarettes and rolling tobacco are made from the leaves of tobacco plants. Once the leaves are dried they are *TREATED WITH MANY CHEMICALS*.

THE SMOKE FROM CIGARETTES CONTAINS OVER 7,000 CHEMICALS!

The secrets...they keep!

A Paint Thinner (Turpentine)
High exposures cause kidney and nerve damage.

Used in Fuel (Butane)
Used in cigarette lighter fuel.

Toxic Chemical (Propylene Glycol)
It carries smoke deeper into the lungs so more nicotine is absorbed.

Preserves Dead Bodies (Formaldehyde)
It kills most species of bacteria and is used for preserving dead bodies and laboratory specimens. It may cause cancer and is now banned in many countries.

Used in Batteries (Cadmium)
It builds up in the body and may cause cancer.

Nail Polish Remover (Acetone)
An active ingredient in nail polish remover and paint thinner. It irritates the respiratory tract.

Toxic Metal (Arsenic)
A toxic metal used in wood preservatives and insecticides. May cause death from multi-organ failure in high doses and headaches, diarrhoea and weakness in low doses.

Used in Cleaning Products (Ammonia)
A paint thinner. High exposures cause kidney and nerve damage.

Crude Oil (Benzene)
Found in crude oil, it may cause leukaemia and other cancers.

Toxic Metal (Lead)
A toxic metal that damages nerve connections and may cause blood, kidney and brain disorders in high doses.

Found in Coal Tar (Benzopyrene)
One of the most potent cancer-causing chemicals known.

Addictive Toxic Substance (Nicotine)
A deadly toxin that causes nausea, headaches and increased blood pressure.

Chat with the GRAMS Tackling Indigenous Smoking (TIS) team about how they can help you, or a family member start their quitting journey.

32 Holland ST, Geraldton Ph: 9924 6922

www.grams.asn.au

