

SECOND-HAND SMOKE CAUSES SERIOUS HEALTH PROBLEMS

For children:

- Ear infections
- Coughs and colds
- Respiratory infections - Bronchitis and pneumonia
- More frequent and severe asthma attacks
- Sudden Infant Death Syndrome (SIDS)

For adults:

- Lung cancer and other cancers
- Heart disease
- Stroke
- Breathing/chest problems
- Headaches, dizziness and nausea

If you smoke, quitting is the single most important thing you can do to improve your health. The best way to succeed is to get help.

Call the HSE Quit Team for free on **1800 201 203**, visit www.quit.ie or freetext **QUIT** to **50100**



Irish Cancer Society,
43/45 Northumberland Road,
Dublin 4.

Tel +353 (0)1 231 0500
Email info@irishcancer.ie
www.cancer.ie

You can also find us on:

 www.facebook.com/IrishCancerSociety

 www.twitter.com/IrishCancerSoc

WHAT'S IN A CIGARETTE?



HAVE YOU STOPPED TO THINK WHAT'S REALLY INSIDE?



ARSENIC (*Rat poison*)



ACETONE (*Nail polish remover*)



AMMONIA (*Toilet cleaner*)



NICOTINE (*Weedkiller*)



METHANE (*Sewer gas*)



CARBON MONOXIDE (*Car exhaust fumes*)



TAR (*Road surfaces*)



METHANOL (*Racing car fuel*)

THERE ARE OVER **7,000**
CHEMICALS IN A CIGARETTE,
MANY ARE TOXIC AND 69 ARE
KNOWN TO CAUSE **CANCER**

WHAT'S THE HARM?

- Smoking harms nearly every organ of the body
- 9 in every 10 lung cancer cases are due to smoking
- Smoking also increases the risk of at least 13 other cancers including mouth, liver, bladder and stomach cancer
- If you drink alcohol and smoke your risk of cancer is much greater
- On average, a 20-a-day smoker spends around €330 a month and over €4000 a year!
- Smoking ages the skin and can cause yellowing of fingers and teeth
- Cigarette butts and filters can take up to 12 years to decompose and are believed to kill birds, fish and other small animals
- 92 people die from exposure to second-hand smoke each year

WHAT ABOUT SECOND-HAND SMOKE?

Second-hand smoke is the smoke from a cigarette, cigar or pipe mixed with the smoke breathed out by the smoker. Non-smokers who breathe in other people's smoke are being exposed to the same harmful chemicals.

There is no safe level of exposure to second-hand smoke. Children are especially vulnerable, as their lungs are still developing.