

SMOKING ... ONE OF THE MOST DANGEROUS HABITS THAT HUMANS CAN ENTERTAIN!

The following is a list of chemicals found in cigarettes and where they are commonly found in our everyday lives:

Carbon Monoxide	Found in car exhaust
Nicotine	Found in bug spray
Tar	Used to make roads
Arsenic	A component in rat poison
Ammonia	Used in cleaning products
Hydrogen Cyanide	A poison used in gas chambers
Cyanide	A deadly poison that paralyses the nervous system
Acetone	Nail polish remover
Butane	Cigarette lighter fluid
DDT	An insecticide
Formaldehyde	Used to preserve dead bodies
Sulfuric Acid	Found in car batteries
Cadmium	Used to re-charge batteries
Freon	Damages the earth's ozone layer
Geranic Acid	A fragrance
Methoprene	A pesticide
Maltitol	A sweetener not permitted for consumption in the U.S.

Source: Dr. Joel Dunnington, Tobacco Almanca, Revised May 1993

There are more than 4000 chemicals commonly found in cigarettes. Fifty-one of these chemicals are known *carcinogens* (ie. they are known to cause cancer) and Nicotine is one of them. Nicotine is the chemical that makes tobacco addictive. Nicotine is a poison. In its purest form, just one drop of Nicotine on a person's tongue would kill them! Nicotine is also a stimulant that speeds up the nervous system, makes your heart beat faster and raises our blood pressure. As contrary as it might seem, nicotine is also known to calm some individuals, hence often why people gravitate towards smoking. Nicotine is also an appetite suppressant.

The **tar** associated with cigarettes is the only oil material which remains after tobacco passes through the filter. When a smoker inhales, it's the tar that sticks to and blackens the lungs. This directly limits the lungs abilities to properly exchange both carbon dioxide and oxygen. This then limits oxygen to the heart. As the heart continues to receive less oxygen rich blood, parts of the heart may begin to die. Many of the chemical associated with cigarette smoke also narrow arteries in the body. With less oxygen passing through these arteries, a now weaker heart must then work harder. Blood pressure also then rises.

Carbon monoxide (a bi-product of smoking) is in itself a poisonous gas. This gas is known to interfere with normal respiration and circulation. When we breath in air through our nose and mouth, the air passes down the windpipe (trachea) and bronchial tubes into the lungs. Small hairs (called Cilia) are designed to clean this air as it moves down into the lungs, gently removing small pieces of dirt, dust and germs. Cilia is one of the first things killed off with smoking, thus allowing toxins (associated with smoking or otherwise) to accumulate in the lungs and elsewhere in the body.

Dangers To Those Around You...

Cigarettes do not just harm the people who smoke themselves. Cigarettes also harm those who breath in second-hand smoke. This includes fetuses and small children. Second-hand smoke is dangerous on its own in that this smoke is not filtered (as one would see in primary smoke from the cigarette itself) and hence is then free to wreak havoc with those passively exposed to cigarette smoke.

SMOKING KILLS...

Smoking is still the single most preventable cause of death in the United States. Tobacco related deaths totalled over 435,000 last year or approximately 1 out of every 6 deaths. Smoking kills more Americans every year than alcohol, car accidents, AIDS, suicides, homicides, fires and drug use ... combined!

The majority of smoking related deaths relate to *heart disease* and *heart attacks*, second then to different forms of cancer (particularly *lung, mouth, throat, esophagus, pancreas, bladder, kidney, cervix and blood cancer*), thirdly to *strokes*. Other smoking related issues include: lung related ailments (*flu, emphysema, bronchitis and pneumonia*), *osteoporosis, stomach ulcers, Peripheral Vascular Disease* and *impotence*.

Because of smoking, 40% of men and 28% of women will die prematurely.

Today is the day for action. Today is the day you need to turn your life around!

Think a **lifestyle change**. It only takes 21 days to develop a habit. Even if you have had the habit of smoking for years, it will only take you 21 days to change this habit! The process of breaking the smoking habit is not a "all or nothing" phenomenon. It's rather the continued healthy decisions that you consciously make on a daily basis that will really make the difference in the long run. Once you build up a little momentum and start seeing yourself moving towards being smoke-free, you'll automatically then move towards continuing in this way. It's often just an issue of getting started.

Write down your goals. Write down all the good reasons you desire to stop smoking and reflect upon them when you are tempted. Consider setting "interim" goals; where you reward yourself for being smoke-free for incremental periods of time.

You're only as young as you are right now! Make the best of all your days ahead by doing what you can today! Life is what you make of it!

IT'S NOW TIME TO GET STARTED!