

# THE SECRETS THEY KEEP

HERE ARE SOME OF THE HARMFUL CHEMICALS HIDING IN CIGARETTE SMOKE...

## NICOTINE

A deadly toxin that causes nausea, headaches and increased blood pressure. Nicotine is commonly used in insecticides.

## BENZOPYRENE

One of the most potent cancer-causing chemicals known. You find it in tar, coal, engine exhaust fumes, burnt food and tobacco smoke.

## ARSENIC

A toxic metal used in wood preservatives and insecticides. Arsenic causes death from multi-organ failure in high doses and headaches, diarrhoea and weakness in low doses.

## ACETONE

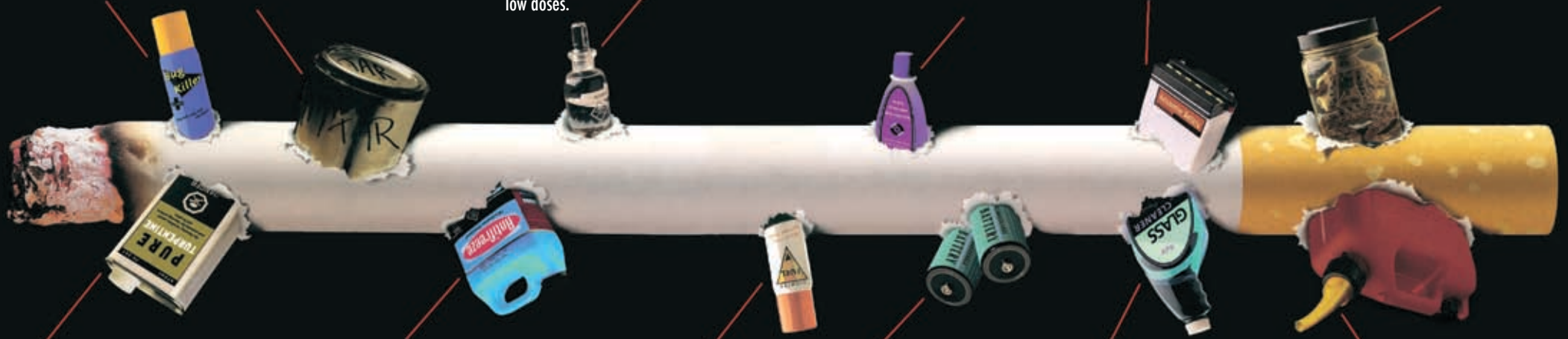
An active ingredient in nail polish remover and paint thinner. In cigarette smoke, it irritates the respiratory tract.

## LEAD

A toxic metal that damages nerve connections and causes blood, kidney and brain disorders in high doses.

## FORMALDEHYDE

It kills most species of bacteria and is used for preserving dead bodies and laboratory specimens. It causes cancer and is now banned in many countries.



## TURPENTINE

A paint thinner. In cigarette smoke, it irritates the respiratory tract. High exposures cause kidney and nerve damage.

## PROPYLENE GLYCOL

The tobacco industry claims they use it to keep tobacco moist and flexible. Scientists say it carries smoke deeper into the lungs so more nicotine is absorbed.

## BUTANE

Used in cigarette lighter fuel.

## CADMIUM

Used in batteries. It builds up in the body and causes cancer. Cigarette smoking is the main cause of cadmium exposures.

## AMMONIA

Used in household cleaning products. The tobacco industry says it improves flavour and makes tobacco more flexible. Scientists say it helps deliver nicotine to the brain faster.

## BENZENE

Found in crude oil, it causes leukaemia and other cancers.

Cigarette smoke contains over 4,000 chemicals. Even if you don't smoke you can still be harmed by these poisonous chemicals by being around people who are smoking.



Need more information?

Check out  
[www.OxyGen.org.au](http://www.OxyGen.org.au)

Smarter than Smoking

Check out  
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[SMART@Heartfoundation.org.au](mailto:SMART@Heartfoundation.org.au)  
[www.smarterthansmoking.org.au](http://www.smarterthansmoking.org.au)



The products pictured contain chemicals found in cigarette smoke. Most of the harmful chemicals come from the burning of tobacco.