

WHAT'S IN A CIGARETTE?

There are about 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous.

Many of these chemicals also are found in products you use every day, but these products have warning labels. While the public is warned about the danger of the poisons in these products, there is no such warning for the toxins in tobacco smoke.

To the left are some of the chemicals in tobacco smoke and other places they are found.

Contact your
QuadMed provider
to discuss medications
and develop a plan for
quitting smoking.



ACETONE
found in nail polish remover

ACETIC ACID
an ingredient in hair dye

AMMONIA
a common household cleaner

ARSENIC
used in rat poison

BENZENE
found in rubber cement

BUTANE
used in lighter fluid

CADMIUM
active component in battery acid

CARBON MONOXIDE
released in car exhaust fumes

FORMALDEHYDE
embalming fluid

HEXAMINE
found in barbecue lighter fluid

LEAD
used in batteries

NAPHTHALENE
an ingredient in mothballs

METHANOL
a main component in rocket fuel

NICOTINE
used as insecticide

TAR
material for paving roads

TOLUENE
used to manufacture paint

