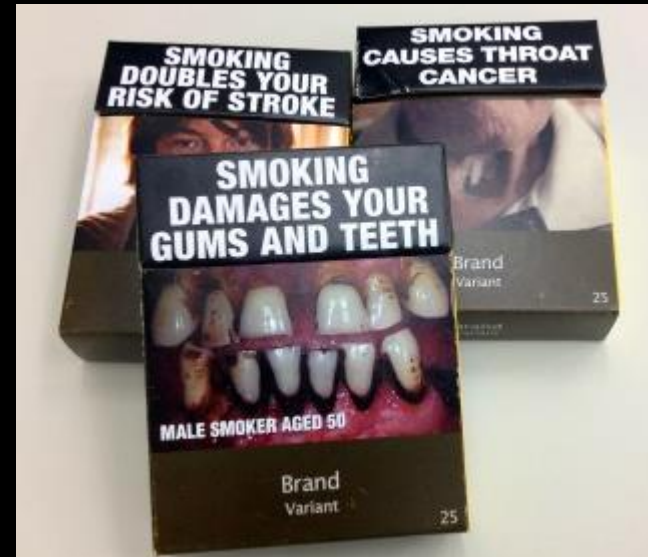


# SMOKING



**dental hygiene  
problems**

**asthma**

**lung cancer**

**heart disease**

**facial wrinkles**

**impaired  
immune system**

**cervical cancer**

**emphysema**

**kidney cancer**

**mouth, lip and  
throat cancer**

**Effects of smoking  
on health**

**leukaemia**

**pancreatic cancer**

**bronchitis**

**testicular cancer**

**osteoporosis**

**stomach cancer**

**liver cancer**

**bladder cancer**

## What's in a cigarette?

- 60 substances that cause cancer.
- Ammonia (toilet cleaner)
- Radioactive polonium
- Arsenic (rat poison)
- Formaldehyde (used to embalm dead people)
- Acetone (nail polish remover)
- Tar (yeah, that brown sticky stuff)
- Carbon monoxide (car exhaust fumes)
- Urea (found in human and animal urine!)

# Chemicals in cigarette smoke

- **Nicotine** An addictive drug

- **Tar** A sticky brown substance that is deposited in the lungs.  
It is a carcinogen (causes cancer)

- **Carbon Monoxide**

Reduces the oxygen carrying ability of blood



# Scary smoking facts

In the UK about **114,000** people die every year.  
(That's about 13 an hour)

**5 x** more people die as a result of smoking than road traffic accidents, poisoning and overdose, alcoholic liver disease, murder and manslaughter, suicide and HIV infection **ALL PUT TOGETHER**

About **half** of smokers will eventually be killed by their habit.





# More Scary facts

- People living with a smoker are 25% more likely to get lung cancer.
- Every year, 17,000 children are admitted to hospital due to inhaling smoke from those around them.



# What laws are in place to do with smoking?

- **Age** You have to be 18
- **Where you can smoke** Banned in public places
- **Cigarette packets** Have to have a health warning on them
- **Price of cigarettes** Taxes make them expensive £8- £12 per packet of 20.





**Smoking**  
**causes fatal lung cancer**



**Smoking**  
**when**  
**pregnant**  
**harms**  
**your baby**



**Smoking clogs the arteries**  
**and causes heart attacks**  
**and strokes**



**Smoking causes**  
**ageing of the skin**





**Protect children: don't make  
them breathe your smoke**



**Smokers die younger**



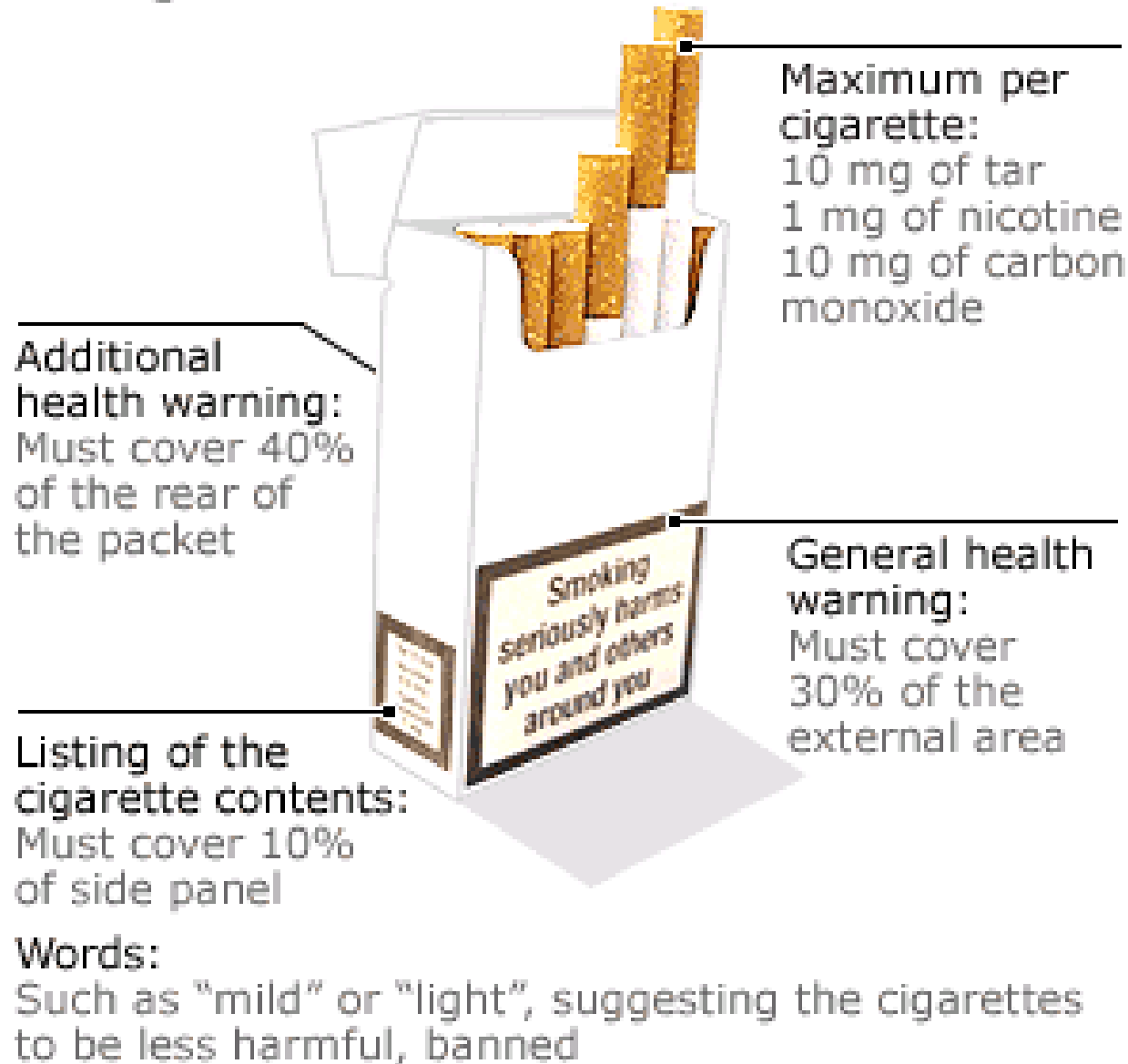
**Smoking  
can cause  
a slow  
and painful  
death**

© PA



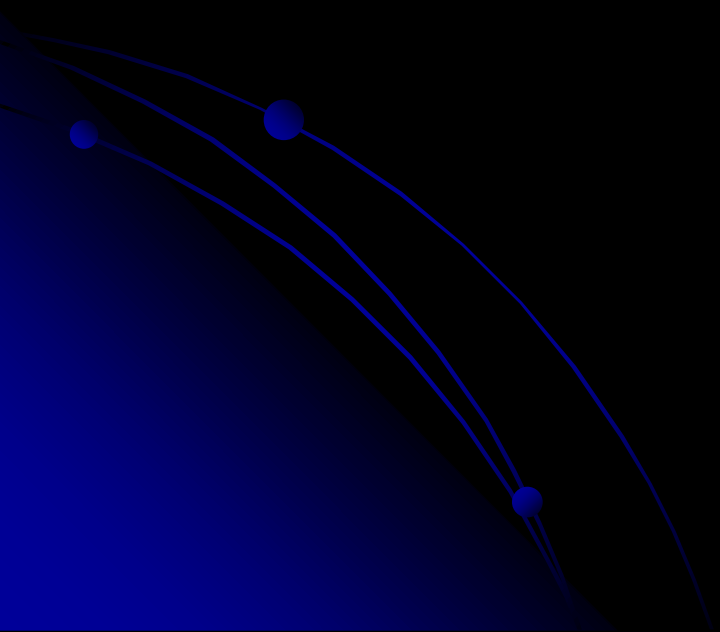
**Smoking may reduce  
the blood flow  
and causes impotence**

## EU regulations



# Cost to smokers

- A 20- a day smoker will spend about £3500-4000 a year on cigarettes



# Risk of disease

- Smoking causes 90% of lung cancer, 80% bronchitis and emphysema and 17% heart disease
- 85-90% of all cancer deaths can be attributed to smoking, including: lung, mouth, lip, throat, bladder, kidney, stomach, liver, cervix



# Second-hand Smoke

- May cause- lung cancer and heart disease in adult non smokers, reduced lung function in adults with no chronic chest problems, irritation of the eye, nose and throat
- Harms children and babies- increased risk of respiratory problems, increased risk of cot death and glue ear
- 600,000 deaths a year are caused by second-hand smoke