

The consequences of smoking are profound and impact various aspects of life. Smoking is the leading cause of preventable death and claims more than 480,000 lives annually in the United States.

By quitting smoking, you protect those around you from harmful secondhand smoke.

Not smoking also reduces the release of harmful chemicals into the atmosphere.

1st hand Smoke



- The tobacco product you smoke yourself that is inhaled directly into the lungs.
- The smoke comes from cigarettes, hookahs, cigars, and vaping devices.
- Some of the dangers firsthand smoke are:
 - Lung Cancer
 - Heart Disease
 - Stroke
 - COPD

2nd hand Smoke



- Secondhand smoke that has been exhaled or breathed out with tobacco products such as cigarettes or e-cigarettes.
- Known as environmental tobacco smoke, involuntary or passive smoking.
- 2.5 million non-smokers have died from secondhand smoke since 1964.
- There's no safe level of second-hand smoke exposure.

3rd hand Smoke



- Thirdhand smoke is the leftover cancer-causing chemicals and nicotine that settle indoors on surfaces when tobacco is smoked.
- Poisonous residue like arsenic, formaldehyde and lead.
- Thirdhand smoke can persist for many months.
- Children and pets are the most vulnerable because they're more likely to put objects near their mouths and noses as they crawl.



833.727.3665
screennj.org

Sources:

[fda.gov/tobacco-products/health-effects-tobacco-use/chemicals-tobacco-products-and-your-health](https://www.fda.gov/tobacco-products/health-effects-tobacco-use/chemicals-tobacco-products-and-your-health)
[lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke](https://www.lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke)
[cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm)

Quit Resources
visit: [njquitline.org](https://www.njquitline.org)
or call: 1.800.QUIT.NOW



Cigarette Ingredients

- **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 and gasoline
- **BUTANE**—used in lighter fluid
- **CADMIUM**—active component in battery acid
- **CARBON MONOXIDE**—released in car exhaust
- **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 an insecticide
- **TAR**—material for paving roads
- **TOLUENE**—used to manufacture paint

Quitting smoking can be a challenging journey however it is attainable with the support of friends, family, and healthcare professionals.

Be patient and kind to yourself, your health and wellbeing are worth the effort.

Schedule your lung screening today by visiting: screennj.org or call 833.727.3665

Your body's response when you quit smoking for the first year:

