

Health Risks

Tobacco is packed with harmful and addictive substances. Scientific evidence has shown conclusively that all forms of tobacco cause health problems throughout life, frequently resulting in death or disability.

Smokers have markedly increased risks of multiple cancers, particularly lung cancer, and are at far greater risk of heart disease, strokes, emphysema and many other fatal and non-fatal diseases. If they chew tobacco, they risk cancer of the lip, tongue and mouth.

Women suffer additional health risks. Smoking in pregnancy is dangerous to the mother as well as to the foetus, especially in poor countries where health facilities are inadequate.

Maternal smoking is not only harmful during pregnancy, but has long-term effects on the baby after birth. This is often compounded by exposure to passive smoking from the mother, father or other adults smoking.

While tobacco kills millions more than it helps, research is underway examining any possible health benefits of nicotine and also trying to find a safe use for tobacco, particularly in the field of genetic modification. The aim is to produce vaccines or human proteins for medical use, or even to clean up soil that has been contaminated with explosives.

Deadly chemicals

Tobacco smoke contains over 4,000 chemicals, some of which have marked irritant properties and some 60 are known or suspected carcinogens.

- Tobacco smoke includes**
- Acetone
 - Ammonia
 - Arsenic
 - Butane
 - Cadmium
 - Carbon monoxide
 - DDT
 - Hydrogen cyanide
 - Methanol
 - Naphthalene
 - Toluene
 - Vinyl chloride
- as found in**
- paint stripper
 - floor cleaner
 - ant poison
 - lighter fuel
 - car batteries
 - car exhaust fumes
 - insecticide
 - gas chambers
 - rocket fuel
 - moth balls
 - industrial solvent
 - plastics

Babes in the womb

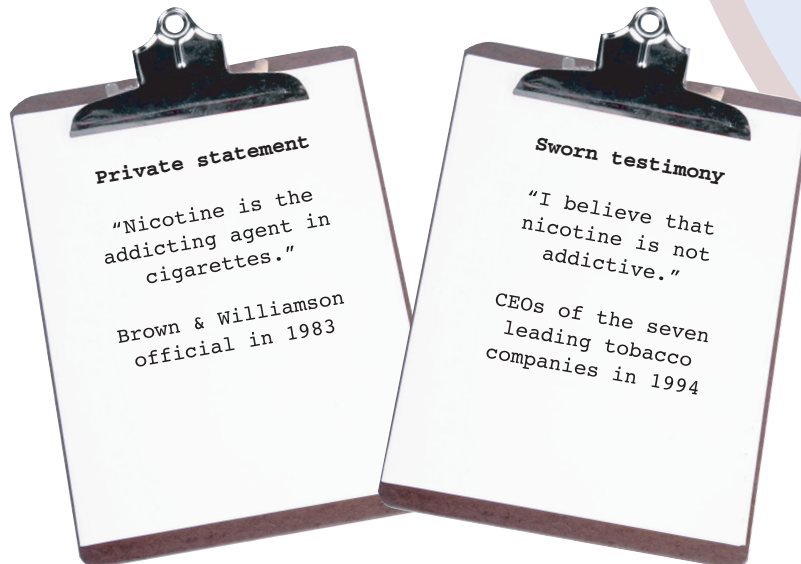
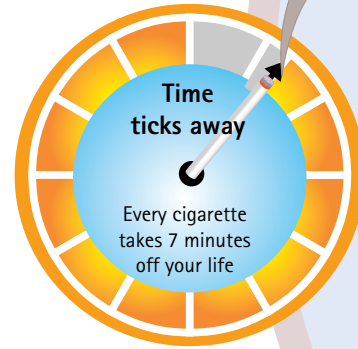
Smoking in pregnancy

Increased risks:

- Spontaneous abortion / miscarriage
- Ectopic pregnancy
- Abruptio placentae
- Placenta praevia
- Premature rupture of the membranes
- Premature birth

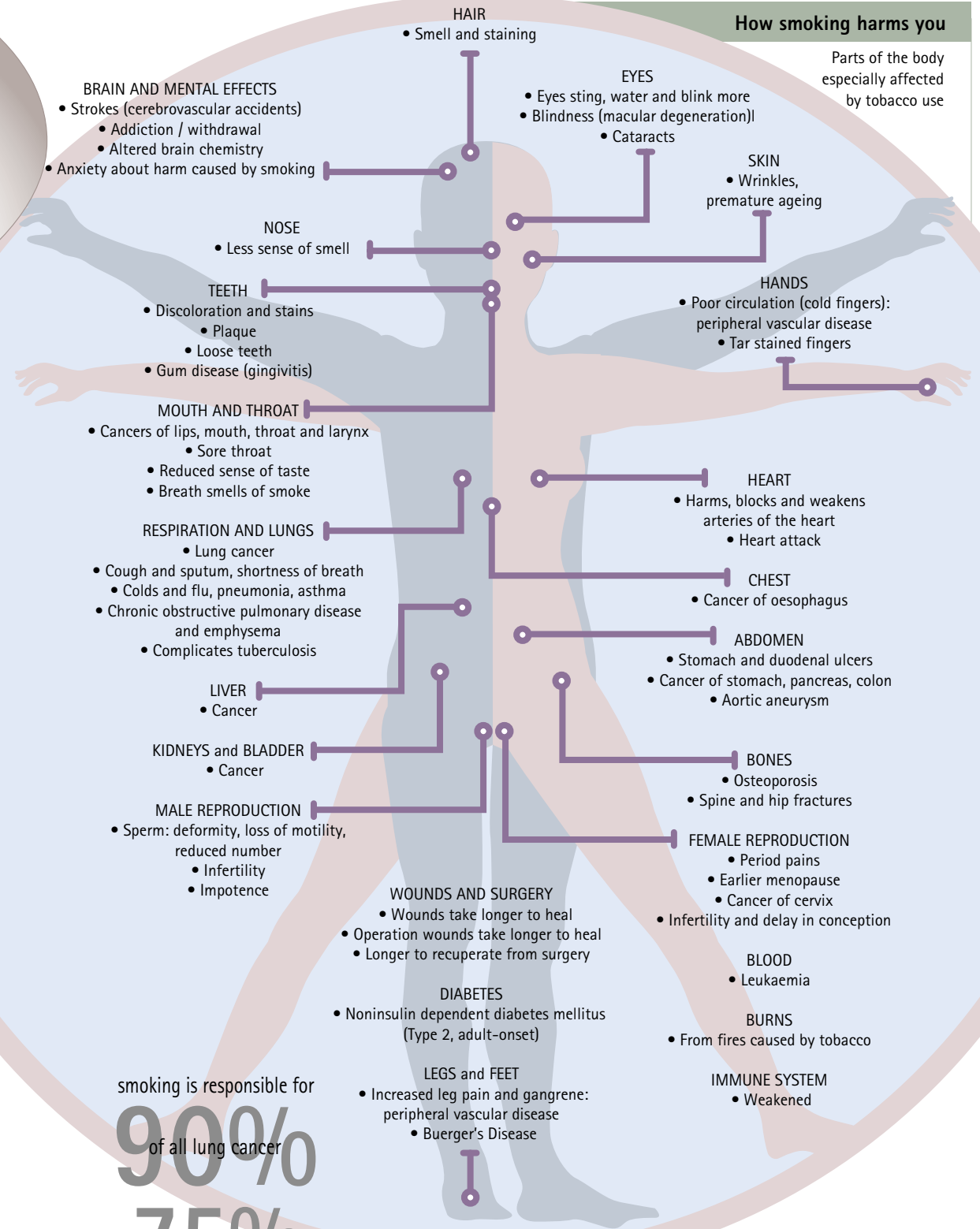
Foetus:

- Smaller infant (for gestational age)
- Stillborn infant
- Birth defects, eg congenital limb reduction
- Increased nicotine receptors in baby's brain
- Increased likelihood of infant smoking as a teenager
- Possible physical and mental long-term effects



How smoking harms you

Parts of the body especially affected by tobacco use



smoking is responsible for

90% of all lung cancer

75% of chronic bronchitis and emphysema

25% of cases of ischaemic heart disease