7,000 chemicals are found in cigarette smoke!

- Cadmium: Used in batteries
- Polonium 210: Radioactive material
- Arsenic: Found in rat poison
- Lead: Once used in paint
- Hydrogen cyanide: Used in chemical weapons
- Vinyl chloride: Used to make pipes
- Toluene: Industrial solvent
- Formaldehyde: Embalming fluid
- Butane: Used in lighter fluid
- Benzene: Found in gasoline
- Carbon monoxide: Found in car exhaust
- Chromium: Used to make steel
- Ammonia: Household cleaner

**The Risks of Smoking**

**Adults**
- Cancer
- Stroke
- Heart Disease
- Respiratory Illnesses

**Unborn Infants**
- SIDS
- Miscarriage
- Premature Birth
- Low Birth Weight

**Children**
- Exposed to secondhand smoke
- Bronchitis
- Pneumonia
- Ear Infections
- Asthma Attacks

**The Benefits of Quitting**

- **20 minutes:** Heart rate and blood pressure return to normal
- **2 weeks - 3 months:** Circulation improves, and lung function increases
- **1 year:** The risk of a heart attack is cut in half
- **10 years:** The risk of dying from lung cancer is cut in half
- **15 years:** The risk of a heart attack is the same as a non-smoker.

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For free, confidential help to quit smoking, call or visit:

- MomsQuit.com
- 1-888-545-5191
- NJ Quitline
- NJQuitline.org
- 1-866-NJ-STOPS