



**ONCE YOU  
START, IT'S  
HARD TO**

**People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Statistics show that about 9 out of 10 tobacco users start before they're 18 years old. Most adults who started smoking in their teens never expected to become addicted. That's why people say it's just so much easier to not start smoking at all.**



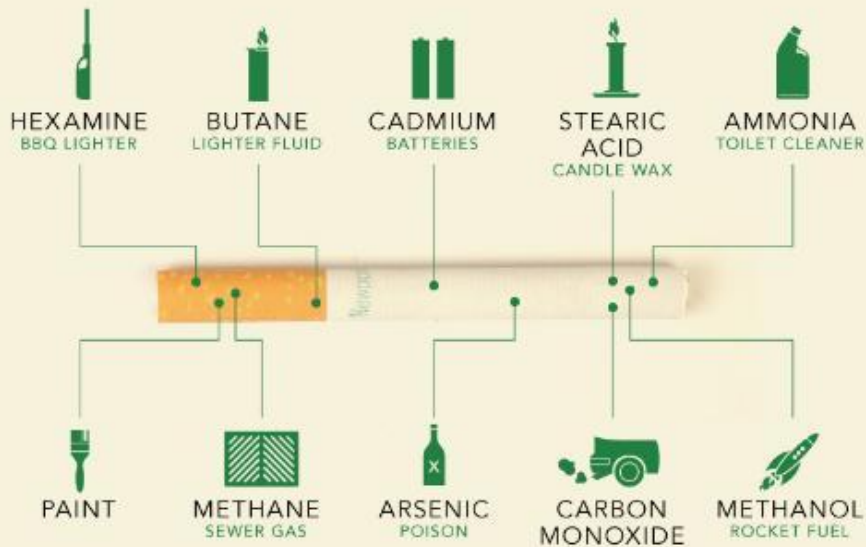


paper, additives,  
tobacco blend,  
cigarette  
cigarette  
cigarette



cigarettes, cigars, and  
pipe tobacco are made  
from dried tobacco  
leaves, and ingredients  
are added for flavor and

CIGARETTE SMOKE CONTAINS OVER  
**4,800 CHEMICALS,**  
INCLUDING...



RESULTING IN A DEATH EVERY  
**6.5 SECONDS.**



TOBACCO KILLS OVER  
**20 TIMES**  
MORE PEOPLE THAN MURDER.

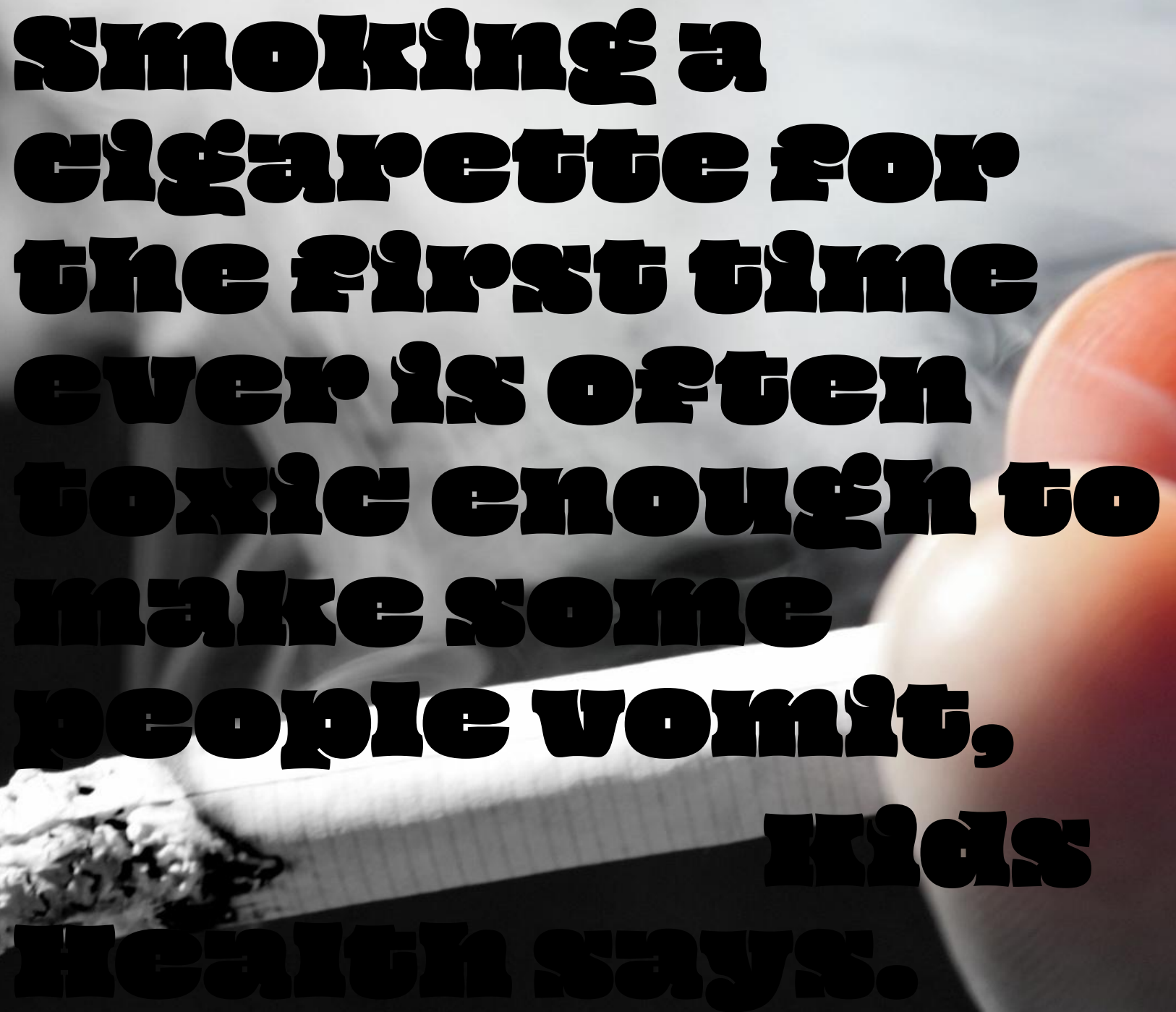
Some of the chemicals found  
in tobacco smoke include:

- Cyanide
- Benzene
- Formaldehyde
- Methanol (wood alcohol)
- Acetylene (the fuel used in welding torches)
- Ammonia



# Some cancer-causing chemicals in tobacco smoke and their other common uses:

1. Nicotine – highly addictive
2. Hydrogen cyanide - used as an industrial pesticide
3. Carbon monoxide - found in car exhausts and used in chemicals manufacturing
4. Nitrogen oxides - a major component of smog
5. Ammonia - used to make fertilizers and explosives
6. Tar - a mixture of dangerous chemicals
7. Arsenic - used in wood preservatives
8. Benzene - an industrial solvent, refined from crude oil
9. Cadmium - used in batteries
10. Formaldehyde- used in mortuaries and paint manufacturing
11. Chromium - used to manufacture dye, paints and alloys
12. Polycyclic aromatic hydrocarbons - a group of dangerous DNA-damaging chemicals



**Smoking a  
cigarette for  
the first time  
ever is often  
toxic enough to  
make some  
people vomit,  
Kids  
Health says.**

Once nicotine gets into the brain, it causes brain neurons to create dopamine, a neurotransmitter that causes feelings of pleasure. Therefore, dopamine naturally occurs when people are in situations that make them feel


need more nicotine to  
get the same effect.  
They usually end up  
smoking more often  
to get that same  
nicotine high.

Nicotine tolerance  
builds up gradually

over the course of  
the day. It's inevitable,  
constant. It's not  
controllable.

It's a habit that  
makes it difficult  
paying attention or





Smoking is responsible for several diseases, such as cancer, long-term (chronic) respiratory diseases, and heart disease, as well as premature death.

Smoking is the largest cause of preventable death in the world. Recent studies have found that smokers can undermine the health of non-smokers in some environments.

**SMOKING  
CAUSES  
BLINDNESS**



Brand  
Variant

25

**SMOKING CAUSES  
PERIPHERAL  
VASCULAR DISEASE**



**GANGRENE**

Brand  
Variant

**SMOKING**  
indicates from tobacco  
found in your breath,  
d when you smoke.



# 90% of lung

- Bladder cancer

- Kidney cancer patients

chances of their disease  
per year and

large quantities of smoking.

common: prostate

- Mouth cancer

- Esophageal cancer

common: oral

- Cancer of the

pancreas

- Stomach cancer

- Some types

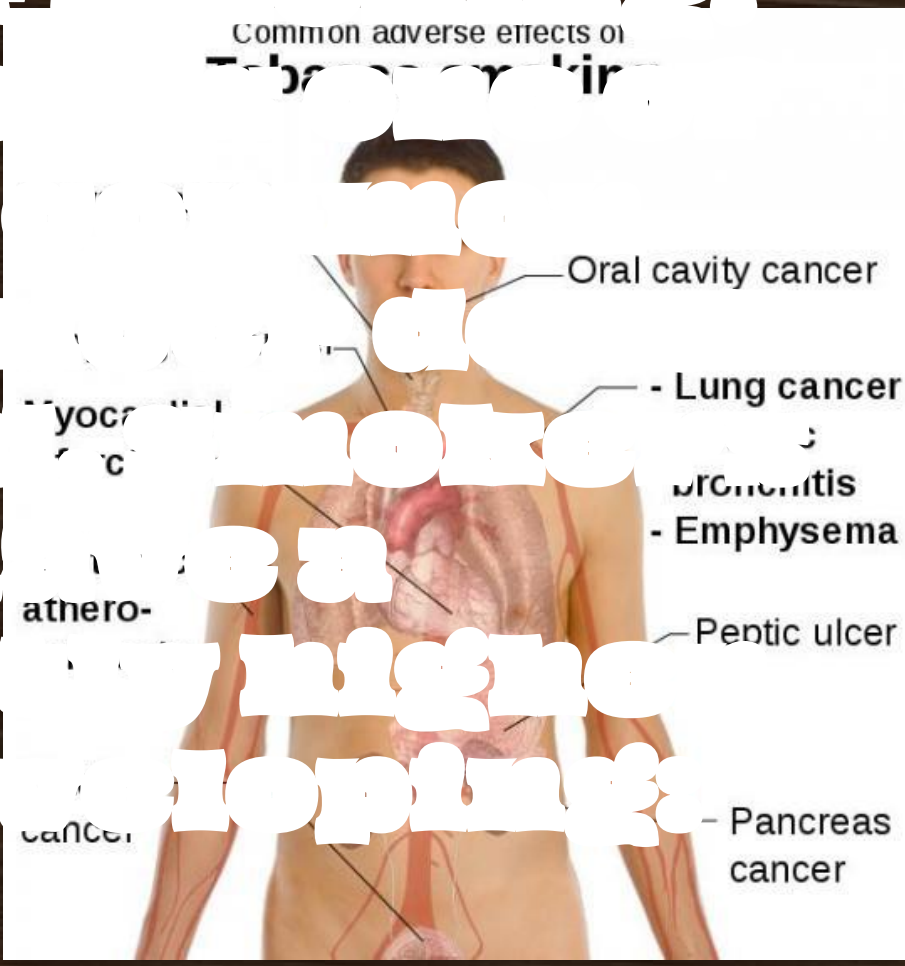
of Hodgkin's cancer

- Cancer of the

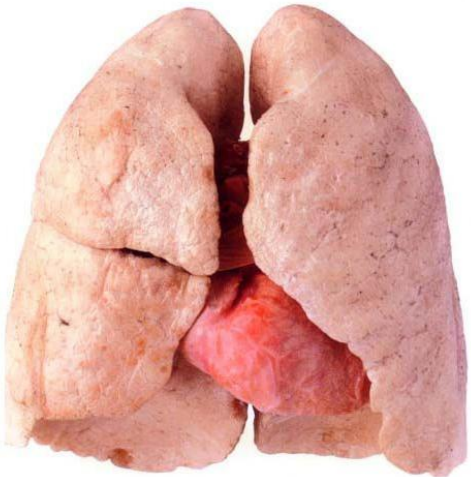
nose and sinuses

- Cervical cancer

- Bowel cancer



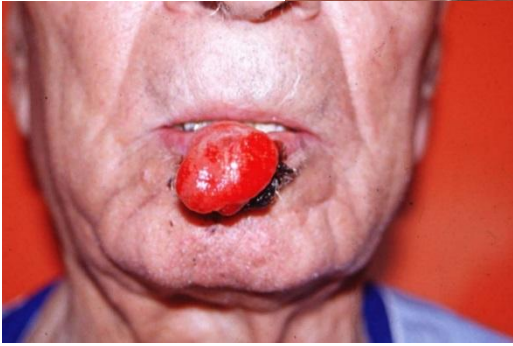




Healthy Lung



Smoker's Lung





**Consider these tips:**

**Stop and take a deep breath.** Taking five to 10 deep breaths is a good start to stress relief. You also get the benefit of inhaling clean air into your lungs without those harmful chemicals!

**Go for a walk.** Physical activity can release a chemical in your body that improves your mood and relieves stress. Walking for 30 minutes a day can be a healthy distraction, burn extra calories and help your heart.

**Try to relax.** Stress can make your muscles tense. Relax them by stretching, deep breathing, doing yoga, getting a message or even closing your eyes and visualizing yourself in a peaceful place.

**Call a friend.** Talking through your highs and lows with family, friends or even a support group can give you comfort and positive reinforcement.

**Cut back on caffeine.** Caffeine is a stimulant that will increase your heart rate and your anxiety. When you're trying to decrease your stress, caffeine makes you tense, keeps you up at night and may even cause you to want to smoke.

**Take care of your body.** Drink lots of water, eat healthy and get extra sleep. You'll feel more energized and ready to handle stress.



THE  
END

The image features the words "THE END" arranged in two rows on a dark, textured surface. Each letter is constructed from multiple pieces of broken cigarette butts, with the yellow filter and white paper clearly visible. The arrangement is somewhat haphazard, with some butts overlapping or protruding from the letters. Scattered around the cigarettes is a fine layer of brown ash and small fragments of tobacco, suggesting a recent act of smoking. The lighting is dramatic, highlighting the textures of the cigarette paper and the dark background.