



# NSIPM & Sano Wellness Center

## Cigarette Facts

Tobacco smoke contains over 4,000 different chemicals. At least 50 are known carcinogens (cause cancer in humans) and many are poisonous.

Tobacco kills up to half of its regular users.

Tobacco caused 100 million deaths in the 20th century.

Cigarettes are one of a few products which can be sold legally which can harm and even kill you over time if used as intended.

Scientists claim the average smoker will lose 14 years of their life due to smoking.

Europe has a slightly larger gap (46% of men smoke, 26% of women smoke), while most other regions have few women smokers. The stats: Africa (29% of men smoke, 4% of women smoke); Southeast Asia (44% of men smoke, 4% of women); Western Pacific (60% of men smoke, 8% of women smoke).

Nicotine reaches the brain within 10 seconds after smoke is inhaled. It has been found in every part of the body and in breast milk.

Sugar approximates to roughly 20% of a cigarette, and many diabetics are unaware of this secret sugar intake. Also, the effect of burning sugar is unknown.

“Lite” cigarettes are produced by infusing tobacco with CO<sub>2</sub> and superheating it until the tobacco “puffs up” like expanding foam. The expanded tobacco then fills the same paper tube as “regular” tobacco.

Smokers draw on “lite” and menthol cigarettes harder (on average) than regular cigarettes; causing the same overall levels of tar and nicotine to be consumed.

Several active ingredients and special methods of production are involved in making sure the nicotine in a cigarette is many times more potent than that of a tobacco plant.