

# What's in Cigarette Smoke?

**NCADA**  
the place to turn

There are over 7,000 chemicals in cigarette smoke.  
At least 69 of them cause cancer. Here are some of the most toxic:



**Acetaldehyde** Used in glues and resins; increases the absorption of other hazardous chemicals into the lungs.



**DDT** Used in pesticides; causes headaches, vomiting, seizures, coma, and respiratory depression.



**Acetone** Used in fingernail polish remover and solvents; irritating to nose, throat, and eyes; long-term exposure can cause liver and kidney damage.



**Hexamine** Found in charcoal starter fluid; explosive; intensely irritating to the skin, eyes, and lungs.



**Ammonia** Used in cleaners; causes asthma and elevated blood pressure.



**Lead** Used in paint and metal alloys; damages the brain, nerves, kidneys and reproductive system; especially toxic to children.



**Arsenic** Used in pesticides and herbicides; causes lung cancer, cancer of the kidney, and bladder cancer.



**Naphthalene** Found in moth balls; causes anemia, nausea, vomiting, diarrhea, kidney and liver damage, and jaundice.



**Benzene** Used in gasoline, pesticides, and solvents; causes leukemia and cancer.



**Toluene** Used in solvents, oils, resins, paints and paint thinner; potent reproductive toxin that may cause harm to a developing fetus.



**Cadmium** Used in batteries and metal coatings; damages kidneys, liver and brain; causes cancer.

For help or information, call NCADA  
at 314.962.3456 or visit [ncada-stl.org](http://ncada-stl.org)

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