



Secondhand Smoke Exposed!

We all know that secondhand smoke is a dangerous health risk, but have you ever wondered just how bad it really is? The U.S. Environmental Protection Agency (EPA) reports that 12,000 otherwise healthy nonsmokers will die of some form of cancer, 3,000 specifically to lung cancer, because of their exposure to secondhand smoke.

According to the *Journal of the American Medical Association*, Secondhand smoke contains over 4,000 substances, more than 69 of which are known or suspected to cause cancer and 109 of them cause both cancer and birth defects.



Among some of secondhand smoke's poisonous ingredients are:

- **Acetone** – used in nail polish remover
- **Ammonia** – used in toilet cleaner
- **Arsenic** – used in rat poison
- **Butane** – used cigarette lighter fluid
- **Cadmium** – used in rechargeable batteries
- **Carbon Monoxide** – found in car exhaust
- **DDT/Dieldrin** – used in insecticides
- **Ethanol** – found in alcohol
- **Formaldehyde** – preserves body tissue
- **Hydrogen Cyanide** – found in gas chamber poison
- **Methanol** – used in rocket fuel
- **Naphthalene** – used in mothballs
- **Nitrobenzene** – gasoline additive
- **Polonium-210** – recently used to kill ex-Russian spy
- **Stearic Acid** – found in candle wax
- **Toluene** – industrial solvent
- **Vinyl Chloride** – used to make plastic pipes

To find out more about what really is in secondhand smoke, please visit the Arizona smoker's Helpline Web site: <http://www.ashline.org/index.html>.