

TOBACCO

B E H I N D T H E S M O K E

The Tobacco Plant (*Nicotiana*)

Naturally
contains over
2,500
chemicals



including nicotine, the
highly addictive
substance responsible for tobacco addiction.

Anatomy of a Cigarette



Smoking Cigarettes

The **burning of the tobacco** releases
7,000+ chemicals
including 70+ that are cancer-causing

Toxic chemicals are absorbed through the **lungs**
into the **bloodstream** and to the entire **body**



Exposure to Smoke

Smokers, and everyone around them, are exposed to toxic chemicals, including:

- Tar
- Hydrogen cyanide
- Formaldehyde
- Carbon monoxide
- Benzene
- Nicotine

These can cause a number of adverse health effects, including:

- Cancer
- Respiratory diseases
- Cardiovascular diseases
- Premature death

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Take a closer look: **Canada.ca/Tobacco**