Household Chemicals in Cigarette Smoke

There are **7,000** known chemicals in cigarette smoke. At least **69** are known to cause cancer in humans. Here are some examples you can find in your own home:

- **Ammonia**
  - Found in household cleaners

- **Butane**
  - Cigarette lighter fluid

- **Acetone**
  - Found in nail polish remover

- **Carbon Monoxide**
  - Found in car exhaust fumes

- **Benzene**
  - Found in gasoline

- **Toluene**
  - Found in paint thinner

- **Lead**
  - Once found in paint

- **Cadmium**
  - Used in making batteries

- **Arsenic**
  - Found in rat poison

- **Other**
  - Hydrogen Cyanide – Gas chamber poison
  - Beryllium – Found in nuclear weapons and rocket fuel
  - Formaldehyde – Used to preserve dead bodies

Every time you smoke a cigarette or your loved one breathes secondhand smoke, these harmful chemicals enter your bodies.