



Canadian
Cancer
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Be Smoke-free

Protect your family's health



Let's Make Cancer History

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KNOW THE FACTS

Smoking is the number one preventable cause of death in Canada.

- Smoking kills more than 47,000 Canadians each year – that's 6 times more people than car accidents, suicides, murders and AIDS combined.
- Smoking is the predominant cause of 85% of all new cases of lung cancer in Canada.
- Tobacco use is also linked to cancer of the bladder, kidney, pancreas, cervix, mouth, throat, stomach, esophagus, larynx, colon, rectum and breast.
- About 5 million Canadians are smokers.
- About 15% of Canadian children are exposed to second-hand smoke at home.

What you are inhaling

Cigarettes contain more than 4,000 chemicals, 69 of which can cause cancer.

With every cigarette, you're inhaling:

- TAR
- MERCURY
- LEAD
- CARBON MONOXIDE
- DDT (AN INSECTICIDE)
- ACETONE (NAIL POLISH REMOVER)
- ARSENIC (RAT POISON)
- HYDROGEN CYANIDE (POISONOUS GAS)

What those around you are inhaling

Cigarettes burn for about 12 minutes, but smokers only inhale for about 30 seconds. As a result, for 11 minutes and 30 seconds, smokers and non-smokers alike are breathing in:

- Mainstream smoke – the smoke first inhaled by the smoker and then exhaled.
- Sidestream smoke – the smoke that goes into the air from the end of a burning cigarette. It contains twice the nicotine and tar than mainstream smoke and 5 times the carbon monoxide.

Health risks of second-hand smoke

A non-smoker exposed to second-hand smoke has a 25% increased chance of developing lung cancer. Health Canada estimates that more than 300 non-smokers die from lung cancer each year due to such exposure. It is estimated that second-hand smoke causes between 1,100 and 7,800 deaths per year in Canada.

Health risks include:

- cancer (of the lungs, sinuses, brain, breast, uterus, cervix and thyroid, as well as leukemia and lymphoma)
- heart disease and stroke
- aggravation of asthma, allergies and angina
- reduced ability to take in and use oxygen
- increased heart rate and blood pressure
- eye irritation, headache, nasal discomfort, sneezing, coughing, sore throat, nausea and dizziness

Health risks of second-hand smoke for children

Children are mainly exposed to second-hand smoke at home (where air pollution can reach levels similar to those found in bars) and in the car (where it is 25 times more toxic than in a house due to the smaller, enclosed space). Because of higher respiratory rates, infants and children breathe in more second-hand smoke than adults.

Second-hand smoke exposure can lead to:

- increased risk of developing cancer and heart disease as an adult
- impaired lung function
- middle ear infections
- food allergies
- increased risk of sudden infant death syndrome (SIDS)
- chronic respiratory illnesses, such as asthma
- possible negative impact on behaviour, attention and cognition

Health risks for unborn children

- Nicotine speeds up the heartbeat of the fetus and can slow down the growth of the baby's lungs and breathing passages.
- Carbon monoxide can reduce the oxygen supply to a fetus by 25% and lead to lower birth weights.