

TOBACCO-FREE COALITION

of Lancaster County



Fact Sheet 6—Effects of Tobacco on the Body

- Cigarettes and cigarette smoke contain over 4,000 chemicals, including 43 known to cause cancer.
- Many of these chemicals are added in the process of tobacco farming and cigarette production.
- Nicotine occurs naturally in tobacco and does not cause cancer, but it is a highly addictive drug that keeps many people addicted to smoking.
- Nicotine works on the brain within just 7 seconds after drawing it into the lungs causing an instant “high”.
- Acute risks of smoking:
 - Shortness of breath
 - Worsening asthma
 - Impotence
- Long-term risks of smoking:
 - Heart Attack
 - Stroke
 - Cancer
 - COPD/Emphysema
- Damaging effects on one’s appearance from smoking:
 - Discolored fingers, nails, and teeth
 - Pre-mature and excessive facial wrinkling
 - Chronic cough and bad breath
 - Gum disease
 - Dry, brittle hair
 - Raspy voice