

Chemicals in Every Puff of Cigarette Smoke

Video script

So what's in a cigarette?

The tobacco itself already contains highly addictive nicotine, tobacco-specific nitrosamines, or TSNAs, which cause cancer of the lungs and esophagus, and other toxic chemicals.

But the last step that creates even more toxic chemicals?

Lighting up.

Burning the cigarette creates dangerous new chemicals that weren't present in the growing and manufacturing stages.

If you smoke, or if you're exposed to secondhand smoke, you inhale carbon monoxide, which can lead to heart damage; 1,3-Butadiene, which affects the reproductive system; acrolein, which can cause irreversible lung damage; benzene, which may decrease fertility; more than 70 cancer-causing chemicals, and many others.

These chemicals are found in every puff of cigarette smoke, and they're known to cause disastrous health effects, such as lung disease, heart disease and a laundry list of cancers.

And to think it all started here.

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