

## HEALTHY LUNGS

NATURE GIVES YOU JUST ONE PAIR OF LUNGS. YOU NEED THEM TO BREATHE, WHICH YOU DO ABOUT 18 TIMES A MINUTE, OR ABOUT 26,000 TIMES A DAY.

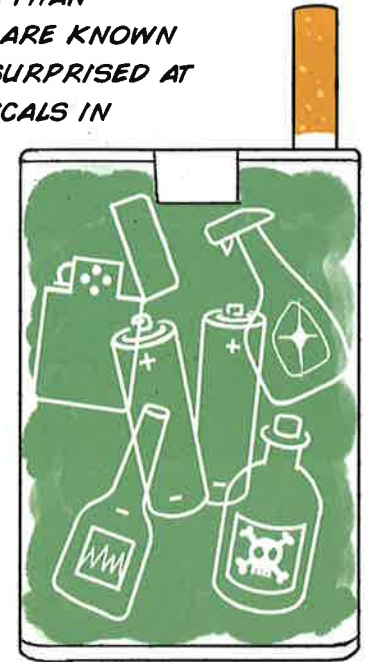
THE FACTS ARE SIMPLE: IF YOU SMOKE, YOU'LL DAMAGE YOUR LUNGS. YOU MAY NOT SEE THE DAMAGE NOW, BUT YOU'LL SEE THE RESULTS LATER IN LIFE.

BY NOT SMOKING AND STAYING AWAY FROM SECONDHAND SMOKE, YOU CAN PROTECT THIS VITAL PART OF YOUR BODY.

## WHAT'S IN A CIGARETTE?

CIGARETTE SMOKE CONTAINS MORE THAN 4,000 CHEMICALS - 60 OF THEM ARE KNOWN TO CAUSE CANCER. YOU MIGHT BE SURPRISED AT SOME OF THE OTHER PLACES CHEMICALS IN CIGARETTE SMOKE TURN UP:

- AMMONIA (TOILET CLEANER)
- NICOTINE (INSECTICIDE)
- TOLUENE (INDUSTRIAL SOLVENT)
- CADMIUM (BATTERIES)
- BUTANE (LIGHTER FLUID)
- ACETIC ACID (VINEGAR)
- ARSENIC (POISON)
- CARBON (MONOXIDE)
- METHANOL (ROCKET FUEL)



## HOW DOES IT HURT YOUR LUNGS?

CHARRED, BLACKENED GUNK BUILDS UP - NOT JUST IN YOUR LUNGS, BUT WHEREVER CIGARETTE SMOKE TRAVELS. THIS GUNK KEEPS YOUR LUNGS FROM WORKING AS THEY SHOULD.