



Elements of cigarettes smoke and its impact on the human body



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Cigarette smoke, its divisions and its impact on the human body

Cigarette is composed of about four thousand kind of gases and suspended materials and the most important of these gases are carbon monoxide, hydrogen cyanide, nitrogen oxides and compounds like carcinogens called amines nitrous. As for the suspended solids, these are nicotine (the cause of habit and addiction to smoking), petrol, tar and vehicles carcinogens such as benzo[a]pyrene and polonium.

The three major dangerous elements are:

Tar: is a mixture of hydrocarbons which change into adhesive within the lungs and contains many compounds that cause cancer.

Nicotine: is a chemical addictive substance which when absorbed into the lungs affect the cardiac and nervous systems. The smoker smokes cigarettes in order to retain a certain level of nicotine in the blood.

Carbon monoxide: is takes oxygen from the body by reducing the amount of oxygen that can be red blood cells carried to all parts of the body

The most toxic chemical compounds used in the manufacture of smoke

Methane (Methane): is defined as marsh gas

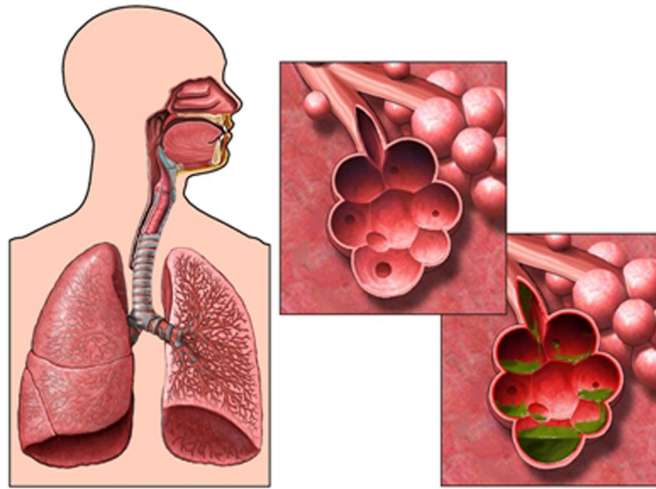
Methanol (Methanol): enter the industry of rocket fuel

Naphthalene (naphthalenes): substance used in the explosive materials

Nickel (nicles): a metallic element used in electro plating steps

Phenol (Phenol): antiseptic and bactericidal

Polonium (Polonium): radioactive metallic element



Alosterk acid (Stearic acid): a waxy material

Styrene (Styrene): a hydrocarbon liquid used in the manufacture of rubber molecules

Tar (tar): Also called tar or asphalt, and is used in asphalt pavement

Arsenic (arsenic): used as key ingredient in rat poison

Acetic acid (Acetic acid): used in hair dye

Acetone (acetone): a key element used in the paint

Effect of nicotine on the human body:

Medical research has demonstrated that smoking is addictive like drugs, especially when they start smoking at an early age before the age of fifteen. To protect your body from all these harmful substances must stop smoking immediately, even if there is a difficulty in the beginning but with the will power you can get rid of these toxins gradually.

Among the impacts that occurs on the smoker when you stop smoking: anxiety, inability to concentrate, headaches, dizziness and disturbance in the digestive system, and show these symptoms two hours after smoking a last cigarette and peak after 24 hours and decrease gradually until disappear completely after two or three weeks. The withdrawal symptoms: depression, boredom, fatigue, weight gain, and a sense of losing something dear and these symptoms gradually disappear.

