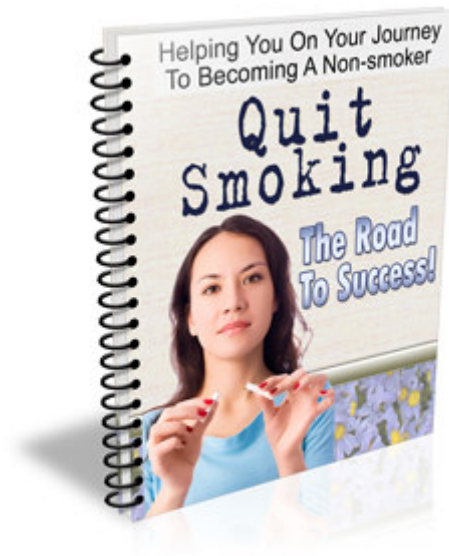


Bonus 3

8 Truths About Smoking



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8 Truths about Smoking



1. There are *1.1 billion smokers in the world today*. If current trends continue, that number is expected to increase to 1.6 billion by the year 2025. By the way China is home to 300 million smokers who smoke approximately 1.7 trillion cigarettes a year, or 3 million cigarettes a minute.

2. About *15 billion cigarettes are sold daily* - or 10 million every minute. Most cigarettes have filters. It's estimated that trillions of these filters, filled with toxic chemicals from tobacco smoke, make their way into our environment as discarded waste yearly. While the filters may look like white cotton, they are actually made of very thin fibers of a plastic called cellulose acetate and can take between 18 months and 10 years to decompose.

3. A typical manufactured cigarette contains approximately 8 or 9 milligrams of nicotine, while the nicotine content of a cigar is 100 to 200 milligrams, with some as high as 400 milligrams. *If it was ingested whole, there is enough nicotine in four or five cigarettes to kill an average adult*. The reason smokers don't die is because they only take in one or two milligrams of nicotine per cigarette because the remainder gets burned off.

4. According to a report from five major American cigarette companies submitted to the Dept. of Health and Human Services in April of 1994 there *are 599 additives* approved by the US Government for use in the manufacture of cigarettes. This had been a long been *kept a secret by the tobacco companies*.

5. There are over *4000 chemical compounds created by burning a cigarette*, many of which are toxic and/or carcinogenic. There are forty-three known carcinogens in smoke. *One, benzene is a known cause of acute myeloid leukemia*. In the U.S., 90 percent of benzene exposures come from cigarettes. Carbon monoxide, nitrogen oxides, hydrogen cyanide and ammonia are all also present in cigarette smoke.

6. The smoke from a smoldering cigarette often contains higher concentrations of the toxins found in cigarette smoke than exhaled smoke does. *Secondhand smoke contains more than 50 cancer-causing chemical compounds*.

7. *Half of all long-term smokers will die of a tobacco-related death*. Smoking related-diseases reportedly kill one in 10 adults globally, or about four million people annually. If this trend continues, by 2030 smoking will kill 1 in 6 people.



8. Somewhere in the world a human life is lost every eight seconds to tobacco use. *Smoking is the number one cause of preventable death in the United States, killing 1,200 people every day*. In the U.S. smoking is responsible for 30 percent of all heart attacks and cardiovascular deaths.