



What are Some of the Health Effects of Cigarette Smoke Ingredients?

Health Effect	Chemical
Cancer causing	4-Aminobiphenyl Arsenic Benzene Chromium VI 2-Naphthylamine Nickel Vinyl chloride
Possibly cancer causing	N-Nitrosodiethylamine N-Nitrosopyrrolidine N-Nitrosodiethanolamine Cadmium Benzo[a]pyrene (For an expanded list, please consult What are Some of the Harmful Ingredients in Cigarette Smoke?)
Asthma	Ammonia
Respiratory disease or infection	Acrolein Nickel Cadmium Pyridine Catechol
Eye, nose & throat irritant	Ammonia Formaldehyde Acetone Pyridine Quinoline
Headache, nausea or dizziness	Hydrogen cyanide Nicotine Carbon Monoxide Toluene
Kidney disease	Cadmium
Eye damage	Quinoline Hydroquinone
Affect the reproductive system	Carbon disulfide Carbon monoxide Nicotine Toluene Lead
Skin irritation or disorders	Acetone Hydroquinone Catechol Phenol



Canadian Council for Tobacco Control
Conseil canadien pour le contrôle du tabac



Source:

National Cancer Institute. Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency. Smoking and Tobacco Control Monograph no. 10. U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute. 1999.

Physicians for a Smoke-Free Canada. Health Effects of Chemicals found in Cigarette Smoke.

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