O’ZBEKISTON RESPUBLIKASI OLIY VA O’RTA MAXSUS TA’LIM VAZIRLIGI

O’ZBEKISTON DAVLAT JAHON TILLARI UNIVERSITETI

INGLIZ TILI 3-FAKULTETI

MUSTAQIL ISH

CIGARETTE INGREDIENTS

BAJARDI: UMATOVA NIGORA

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Cigarette Ingredients

Chemicals in Tobacco Smoke

There are over 4,000 chemicals in tobacco smoke and at least 69 of those chemicals are known to cause cancer.The list of 599 additives approved by the US Government for use in the manufacture of cigarettes is something every smoker should see. Submitted by the five major American cigarette companies to the Dept. of Health and Human Services in April of 1994, this list of ingredients had long been kept a secret.

Tobacco companies reporting this information were:

American Tobacco Company

Brown and Williamson

Liggett Group, Inc.

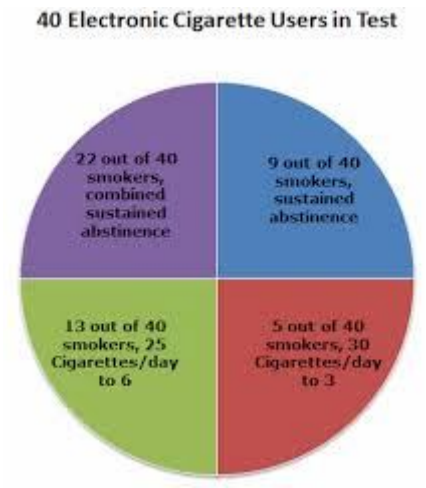
Philip Morris Inc.

R.J. Reynolds Tobacco Company

While these ingredients are approved as additives for foods, they were not tested

by burning them, and it is the burning of many of these substances which changes their properties, often for the worse. Over 4000 chemical compounds are created by burning a cigarette – 69 of those chemicals are known to cause cancer. Carbon monoxide, nitrogen oxides, hydrogen cyanides and ammonia are all present in cigarette smoke. Forty-three known carcinogens are in mainstream smoke, sidestream smoke or both. It's chilling to think about not only how smokers poison themselves, but what others are exposed to by breathing in the secondhand smoke. The next time you're missing your old buddy, the cigarette, take a good long look at this list and see them for what they are: a delivery system for toxic chemical and carcinogens.

Example	Common Use
Carbon Monoxide	Gas in car exhausts
Copper	Electric wiring
Tar	Road surfaces
Nicotine	Pesticide
Acetone	Paint stripper
Ammonia	Cleaning agent
Arsenic	Rat poison
Benzene	Petrol fumes
Butane	Lighter fuel
Formaldehyde	Embalming fluid
Hydrogen cyanide	Poison in gas chamber
Methanol	Rocket fuel
Methane	Swamp gas
Toluene	Industrial solvent
DDT	Banned insecticide
Radon	Radioactive gas
Polonium	Radioactive fallout



Smoking causes:

Decreased oxygen to the heart and to other tissues in the body

Decreased exercise tolerance

Decreased HDL (good) cholesterol

Increased blood pressure and heart rate

Increased risk of developing coronary artery disease and heart attack

Increased risk of developing peripheral artery disease and stroke

Increased risk of developing lung cancer, throat cancer, chronic asthma, chronic bronchitis, and emphysema

Increased risk of developing diabetes

Increased risk of developing a variety of other conditions, including gum disease and ulcers

Increase tendency for blood clotting

Increased risk of recurrent coronary artery disease after bypass surgery

Damage to cells that line coronary arteries and other blood vessels

Increased risk of becoming sick (especially among children: respiratory infections are more common among children exposed to secondhand smoke

By quitting smoking, you will:

Prolong your life. According to the American Heart Association, smokers who quit between the ages of 35 and 39 add an average of 6 to 9 years to their lives. Smokers who quit between the ages of 65 and 69 increase their life expectancy by 1 to 4 years.

Reduce your risk of cardiovascular disease. Quitting smoking reduces the risk of repeat heart attacks and death from heart disease by 50 percent or more.

Reduce your risk of high blood pressure, peripheral artery disease, and stroke.

Reduce your risk for developing a variety of other conditions, including diabetes, lung cancer, throat cancer, emphysema, chronic bronchitis, chronic asthma, ulcers, gum disease, and many other conditions.

Feel healthier. After quitting, you won't cough as much or have as many sore throats, and you will increase your stamina.

Look and feel better. Quitting can help you prevent face wrinkles, get rid of stained teeth, improve your skin, and even get rid of the stale smell in your clothes and hair.

Improve your sense of taste and smell.

Save money

How can I quit?

There's no one way to quit that works for everyone. To quit smoking, you must be ready emotionally and mentally. You must also want to quit smoking for yourself, and not to please your friends or family. Plan ahead.

What happens when you quit?

After 20 minutes

You stop polluting the air

Your blood pressure and pulse decrease

The temperature of your hands and feet increases

After 8 hours

The carbon monoxide level in your blood returns to normal

Oxygen levels in your blood increase

After 24 hours

Your risk of heart attack decreases

After 48 hours

Nerve endings adjust to the absence of nicotine

Your ability to taste and smell begins to return

After 2 weeks to 3 months

Your circulation improves

Your exercise tolerance improves

After 1 to 9 months

Coughing, sinus congestion, fatigue, and shortness of breath decrease

Your overall energy level increases

After 1 year

Your risk of heart disease decreases to half that of a current smoker

After 5 to 15 years

Your risk of stroke is reduced to that of people who have never smoked

After 10 years

Your risk of dying from lung cancer drops to almost the same rate as a lifelong NON-smoker.

You decrease the incidence of other cancers – of the mouth, larynx, esophagus, bladder, kidney and pancreas

After 15 years

Your risk of heart disease is reduced to that of people who have never smoked

Youth

Among young teens (aged 13 to 15), about one in five smokes worldwide.

Between 80,000 and 100,000 children worldwide start smoking every day - roughly half of whom live in Asia.

Evidence shows that around 50% of those who start smoking in adolescent years go on to smoke for 15 to 20 years.

Peer-reviewed studies show teenagers are heavily influenced by tobacco advertising.

About a quarter of youth alive in the Western Pacific Region will die from smoking.

RESULTS: Prevalence of past-month smoking and nasway use among men was 19.6% and 22.3%, respectively, and 1.6% and 0.5% among women. Among men, smoking was independently associated with Uzbek ethnicity, urban residence, age and occupation; nasway use was associated with rural residence, age, being married and occupation.