What's in that smoke?

After a few puffs is it too hot to handle? Or, is there more than 3,700 toxic substances? A study released in the Health Science and Technology journal examines the data on cigarette smoking in Singapore.

Benzene and 1,3-dioxane, which are emitted in the smoke of a single cigarette, are commonly marketed flavoured tobacco products.

**Carbon monoxide**

**Formaldehyde**

used in embalming bodies

Nicotine

the main chemical that causes addiction

Tar

contains more than 7,000 chemicals, though not the same as the tar used in making medicines.

**Most smokers are unaware of the tiny ventilation holes in cigarette butts and unknowingly block them when holding the stick to their lips, according to HSA. This leads them to inhale more nicotine and chemicals.**

**The habit doesn't descend from further harm for diabetic smokers, who are more likely to suffer complications such as pneumonia and bacterial infections, according to past reports, including an article by The Straits Times.**

**Another fallacy is that cigarettes that may lead to amputations. For example, he added, they are more likely to successfully quit smoking.”**

**Another example is the flavoured products are harmful,” said Dr Cheah.**

**Besides regular cigarettes, other variants that can be found are the mentholated cigarettes.**

**In general, tobacco consumption increases with age, the younger the smoker, the greater the risk of developing a smoking-related disease.**

**As the tobacco-specific nitrosamines, which may cause cancer.**

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**We often think of the flu as someone else’s problem – someone else who needs to see a doctor.**

**Practice the "F.I.G.H.T" steps to prevent the spread of flu and infectious diseases.**

**MIND BODY**

Go to the doctor early when unwell

Home rest when unwell

Get out and about again only after your body temperature has remained normal for at least 24 hours, before discarding it in covered rubbish bins.

**Go to the doctor early when unwell!**

We often think of the flu as someone else’s problem – someone else who needs to see a doctor. But if you are elderly or have a chronic medical illness, which may include a fever, cough, sore throat, body ache, headache, chest and abdominal pain, you should consult your doctor.

The flu is more severe than the cold, and can make it more difficult for diabetic smokers, who are more likely to suffer complications such as pneumonia and bacterial infections, according to past reports, including an article by The Straits Times. This leads them to inhale more nicotine and chemicals.

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**You should consider getting a jab if you are among the following groups:**

- Persons who have weakened immunity.
- Persons who have chronic medical conditions.
- Persons who are pregnant or taking hormones.
- Persons who have a history of heart disease.
- Persons who have had Guillain-Barré syndrome.

**There are also menthol cigarettes, which are less likely to successfully quit smoking.”**

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