

# NOT JUST ANOTHER CIGARETTE

**Thousands of harmful substances** are present, including organic solvents, acids, heavy metals, and even radioactive materials that can cause serious health damage.

**QUITTING SMOKING  
IS A VICTORY.**  
Commit to yourself.

The public health system (SUS) offers treatment for smokers. Visit your nearest health unit for more information.  
**Learn more at [www.inca.gov.br](http://www.inca.gov.br)**

