



## TAR

Tar is a sticky black glob made up of thousands of chemicals. Many of them cause cancer. Tar builds up in the lungs and makes breathing harder. It also causes lung cancer.

## Carbon Monoxide

Carbon Monoxide is a poisonous gas that forms when anything including Beady or Tobacco is burned. When Carbon Monoxide is inhaled it takes the place of the oxygen in the blood and causes the blood cells to move slower than usual.

## Nicotine

Nicotine is the addictive drug in tobacco. When you smoke beady or tobacco, nicotine goes into your blood stream and reaches your brain within 8 to 10 seconds. Nicotine can be a deadly poison that causes vomiting, stroke, convulsions and death. Just a few drops of nicotine can kill you.

**GIVE!  
IT UP!**  
Stop smoking for life.



**National Council on Drug Abuse**

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**NO  
BEADY**

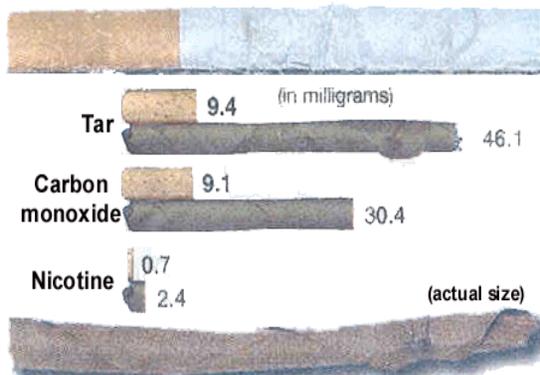


# What is Beady?

Beady, also known as (Beedie, Bidi, and Bedie) is a small filter less cigarette made in India and other South Asian countries. Beady is made from the Asian Tendu plant and is rolled in Tobacco leaves; they are usually packaged in an African coloured pink paper labeled with a lion on it. In Jamaica it is unflavoured. In India it has flavours such as cherry menthol and chocolate.

## Bidis vs. Cigarettes

Bidi smoke contains more tar, nicotine and carbon monoxide than popular filter-tip cigarettes.



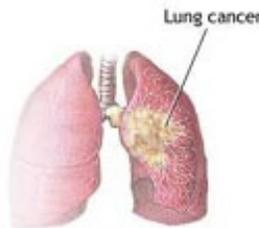
# Harmful Effects of Beady

Beady smoke contains more nicotine, tar, and carbon monoxide than popular filter tip cigarettes. This put beady smokers at great risk of developing cancers such as:

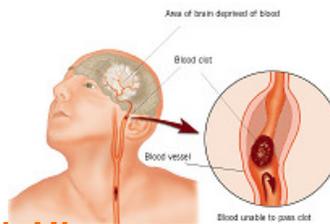
## Oral Cancer



## Lungs Cancer



## Stroke



## Stomach Ulcer



# Dangerous Comparison Cigarette VS. Beady

- ⊗ Beady comes in various flavours such as strawberry, vanilla, chocolate, mango and grape.
- ⊗ Beady contains up to 8% nicotine while cigarettes contains 1—2%.
- ⊗ Five times more tar is produced by beady than regular cigarette.
- ⊗ Beady has no filters.
- ⊗ Beady is packaged to look like marijuana
- ⊗ Beady is made from the bottom of the barrel tobacco dregs and flakes.
- ⊗ Beady contains 250 mg. of tobacco.
- ⊗ Over 80% of beady packages **DO NOT** carry the Surgeon General's health warning about the dangers of