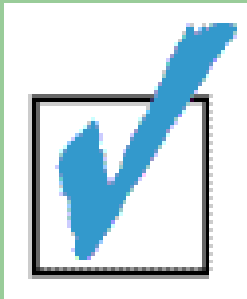


Impact of Secondhand Smoke

*Going for the 3 Increases: Increase in Health, Increase in Happiness
& Increase in Energy*

Strategies for
Success in Health
Management

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Did You Know?

- Being around your tobacco smoke is bad for the people around you
- When you smoke a cigarette, most of the smoke doesn't go into your lungs, it goes into the air, where anyone nearby can breathe it
- Smoking is banned in many public places. But you expose many people to secondhand smoke, especially your children who live with you a smoker
- Even if you try to be careful about where you light up, you may not be protecting those around you



What is Secondhand Smoke

- It can come from a cigarette, cigar, or pipe. Tobacco smoke has more than 4,000 chemical compounds, at least 250 are known to cause disease.
- Secondhand smoke makes people more likely to get lung cancer and many other types of cancer. It's also bad for their heart.
- Every year in the U.S., secondhand smoke causes about 34,000 deaths from heart disease and 7,300 deaths from lung cancer, the CDC says
- Smoke makes people's blood stickier, raises their "bad" LDL cholesterol, and damages the lining of their blood vessels. Eventually, these changes can make them more likely to have a heart attack or stroke



Dangers for Children from Secondhand Smoke

- Kids are particularly at risk for the effects of secondhand smoke because their bodies are still growing and they breathe at a faster rate than adults

These conditions have been linked to secondhand smoke exposure in children:

- Sudden infant death syndrome (SIDS)
- More respiratory infections (such as bronchitis and pneumonia)
- More severe and frequent asthma attacks
- Ear infections
- Chronic cough



Dangers of Secondhand Smoke during Pregnancy

Smoking during pregnancy is especially dangerous to the developing baby. It's tied to:

- premature delivery
- low birth weight
- SIDS
- limited mental ability
- trouble with learning
- ADHD

The more cigarettes a mother-to-be smokes, the greater the danger to her baby



Other Dangers for Children from Secondhand Smoking

Living in a home where someone smokes can make children more prone to:

- Ear infections
- Pneumonia
- Bronchitis
- Coughs
- Children with asthma may have more frequent and severe attacks
- Inhaling smoke may cause asthma in kids who never had symptoms before.
- **Thirdhand smoke** - the toxic residue that lingers in clothes, cushions, and carpet - can be also harmful to kids, especially when they play or crawl on the floor



How Others can avoid Your Secondhand Smoke

- They need to avoid being around you when you smoke
- They need to convince you to quit smoking
- You should only smoke outside, as far away from other people as possible
- Your home is probably the most important place to keep smoke-free, especially if you have children
- Keeping kids (and adults) far away from your smoke can help lower their chances of having respiratory infections, severe asthma, cancer & many other serious conditions