Secondhand Smoke

Ask yourself, how many hours per day and days per week do you see or smell smoke? That is how frequently you inhale secondhand smoke.

Secondhand smoke is made up of two parts:
* Sidestream smoke - the smoke from the end of a burning cigarette, pipe, or cigar.
* Mainstream smoke - the smoke that is exhaled by the smoker.

When you breathe in secondhand smoke your body takes in nicotine and toxic chemicals, just like the smoker. The more you are exposed to secondhand smoke, the more chemicals get into your body.

96% of NEAM participants said they do not allow smoking inside their home. See page 2 for more on smokey settings.

Thirdhand Smoke: The chemical particles resulting from the burning of tobacco, including tar and nicotine, linger on clothes, hair, walls, floors, upholstery, drapes, skin, etc. Chemical particles that make up “thirdhand smoke” are formed from more than 200 poisonous gases, many of which are cancer causing, such as cyanide, ammonia, arsenic, and polonium-210 (which is radioactive). Read more on Page 3.

Common Places Where Secondhand and Thirdhand Smoke Can be Found:

- Home & Steam Bath
- Work
- Public Places
EFFECTS OF SECONDHAND SMOKE IN ADULTS

• NON-SMOKERS WHO ARE EXPOSED TO SECONDHAND SMOKE AT HOME OR WORK INCREASE THEIR RISK FOR HEART DISEASE BY 25-30%.

• EACH YEAR 46,000 DEATHS IN THE UNITED STATES DUE TO HEART DISEASE ARE ATTRIBUTED TO SECONDHAND SMOKE.

• SECONDHAND SMOKE INCREASES NON-SMOKERS RISK FOR LUNG CANCER BY 20-30%.

• 3,400 PEOPLE DIE EACH YEAR IN THE UNITED STATES FROM LUNG CANCER DUE TO SECONDHAND SMOKE.

WHY IS SECONDHAND SMOKE UNHEALTHY?

There are more than 69 carcinogens in tobacco smoke. When a cigarette is lit the chemicals inside change and even more carcinogens are created. If you are not smoking, but you are around other’s smoke you can get serious illnesses like lung cancer and heart disease. According to the Surgeon General, there is no safe level of exposure to secondhand smoke and the only way to be protected from it completely is to prohibit all smoking in an indoor space or building.

Effects of Secondhand Smoke in Children

Children who are exposed to secondhand smoke have a greater risk of:

* Respiratory infections (bronchitis and pneumonia)
* Ear infections and operations to insert ear tubes
* Severe asthma
* Sudden Infant Death Syndrome (SIDS)

Babies whose mother’s are exposed to secondhand smoke while pregnant are often born premature or at a low birth weight and have weaker lungs than babies who are not exposed. There is no safe level or amount of secondhand smoke for children. Babies who are breastfed by smoking mothers get nicotine and other harmful chemicals through breast milk.

Protect your children from illnesses brought on by secondhand smoke.
What is Thirdhand Smoke?

Thirdhand smoke is the residual of tobacco smoke that settles into the environment and stays there even after a cigarette has been extinguished. It is the invisible toxins that linger long after secondhand smoke is gone. It may have many dangers just like secondhand smoke. Many of the chemicals in tobacco smoke do not disappear once the cigarette or cigar is put out; instead, the chemicals remain in the air and on fabric in the room. According to Americans for Nonsmokers’ Rights, the chemicals can reemit back into the air making the area filled with carcinogens long after smoking has stopped. Specifically, when nicotine combines with a common component of indoor air called nitrous acid, it forms carcinogens that can be inhaled or absorbed for days or weeks. Thirdhand smoke is especially hazardous to children because they can ingest the carcinogens by touching fabric, walls, or furniture and then putting their hands in their mouths. When people smoke the chemicals get into their clothing items, especially jackets and parkas. Children also crawl on or play on contaminated surfaces and can breathe in the tobacco.
Finding the courage to quit today means giving them strength to dance tomorrow.

Secondhand and thirdhand smoke put children at greater risk for illnesses such as severe asthma and pneumonia, making physical activities harder.

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