

## Secondhand Smoke is Toxic

- ♦ There are more than 4,000 chemicals in secondhand smoke.
- ♦ Many of these chemicals are toxic and cause cancer.
- ♦ You breathe in these chemicals when you are around someone who is smoking.

<b>Cancer-causing Chemicals</b>	<b>Toxic Metals</b>	<b>Poison Gases</b>
<b>All are extremely toxic</b>	<b>Can cause cancer, death and can damage the brain and kidneys</b>	<b>Can cause death, affect heart and respiratory functions, burn your throat, lungs, and eyes, and can cause unconsciousness</b>
Formaldehyde –Used to embalm dead bodies	Chromium – Used to make steel	Carbon Monoxide – found in car exhaust
Benzene – Found in gasoline	Arsenic – Used in pesticides	Hydrogen Cyanide – Used in chemical weapons
Polonium-210 – Radioactive and very toxic	Lead – Once use in paint and is dangerous for children	Butane – Used in lighter fluid
Vinyl Chloride – Used to make pipes	Cadmium – Used in making batteries	Ammonia – Used in household cleaners
		Toluene – Found in paint thinners

The longer you are around secondhand smoke, the more likely it is to hurt you.

### Heart Disease

Nonsmokers who breathe smoke at home or at work are more likely to become sick and die from heart disease and lung cancer. Studies show that secondhand smoke may cause other serious diseases, too.

Breathing secondhand smoke makes the platelets in your blood behave like those of a regular smoker. Even a short time in a smoky room causes your blood platelets to stick together. Secondhand smoke also damages the lining of your blood vessels. In your heart, these bad changes can cause a deadly heart attack.

Secondhand smoke changes how your heart, blood and blood vessels work in many ways. Adults who breathe five hours of secondhand smoke daily have higher “bad” cholesterol that clogs arteries.

### Lung Disease

Secondhand smoke causes lung cancer in adults who don’t smoke. Breathing in secondhand smoke at home or at work increases your chances of getting lung cancer by 20 percent to 30 percent.

Secondhand smoke affects how well your lungs work, especially if you already have asthma or other breathing problems. It also irritates your skin, eyes, nose and throat. If you have allergies or a history of breathing problems, secondhand smoke can make you even sicker.

### **Health Problems in Other Parts of Your Body**

Smoking causes many forms of cancer and they believe that a little tobacco smoke is dangerous and causes other forms of cancer in addition to lung cancer. There are studies on possible links to stroke, breast cancer, nasal sinus cancer and chronic lung problems in children and adults.