

TOBACCO-RELATED DISEASES

Tobacco has been shown to increase the likelihood of developing a wide range of diseases in smokers, and this result holds true for non-smokers exposed to secondhand smoke as well. Some of the diseases that can result include:

- Coronary Heart Disease & Stroke
- Cardiovascular Disease
- Lung Cancer
- Emphysema
- Nasal Sinus Cancer
- Cervical Cancer
- Oropharynx Cancer
- Bladder Cancer
- Pancreatic Cancer
- Kidney Cancer
- Esophageal Cancer

SECONDHAND SMOKE PREVENTION

Mitigating the threat of secondhand smoke can be accomplished in relatively simple ways. While quitting is best, following these steps can help protect bystanders from being exposed to unnecessary risks:

- Eliminate smoking in the home and in the car
- Encourage family members to quit or go outside
- Eliminate smoking in the workplace
- Eliminate smoking in public places

For more information on secondhand smoke, call:

1-800-337-3742

Florida Department of Health Bureau
of Tobacco Free Florida



TOBACCO FREE FLORIDA Offers a number of **FREE resources** to help smokers quit.

- These services are available at no cost to tobacco users to help them succeed today.
- However you decide to seek help, you will receive proactive coaching sessions, self-help materials and free nicotine replacement therapy.*
- Counseling and materials in English, Spanish and Haitian Creole: translation services for all other languages and TDD services for the hearing impaired.

*If medically appropriate and 18 years of age or older.

QUIT YOUR WAY



PHONE QUIT

Talk to a Quit Coach® to help you get started.



GROUP QUIT

Get the support you need at one of our group quit sessions.



WEB QUIT

Get access to online tools to help you quit.



MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition on to our Phone, Group and Web services.

For more information, visit us at
tobaccofreeflorida.com/quityourway

SECONDHAND SMOKE KNOW THE FACTS



PROTECT YOURSELF AND YOUR LOVED ONES

Secondhand smoke (SHS) kills more than 41,000 non-smokers in the U.S. each year. It is also known as environmental tobacco smoke (ETS), passive smoke and involuntary smoke. The 2000 Environmental Health Information Service's 9th Report on Carcinogens classified secondhand smoke as a Group A (Human) Carcinogen - a substance known to cause cancer in humans. There is no safe level of exposure for Group A toxins. Secondhand Smoke is the combination of two forms of smoke from burning tobacco products:

- Sidestream smoke -- smoke that is emitted between puffs of a burning cigarette, pipe or cigar
- Mainstream smoke -- smoke that is exhaled by the smoker

When a cigarette is smoked, about half of the smoke generated is sidestream, which contains the same compounds as those identified in mainstream smoke inhaled by the smoker. Some of the chemicals in secondhand smoke include substances that irritate the lining of the lungs and other tissues, carcinogens (cancer causing compounds), mutagens (substances that promote genetic changes in the cell), and reproductive and developmental toxicants (substances that interfere with normal cell development). Non-smokers who are exposed to secondhand smoke absorb nicotine and other compounds just as smokers do. As the exposure increases, the levels of these harmful substances in the body increase as well. Although the smoke to which a non-smoker is exposed is less concentrated than that inhaled by smokers, research has demonstrated that significant health risks are associated with secondhand smoke (National Cancer Institute).



TOXIC INGREDIENTS

Toxic ingredients in cigarette smoke travel throughout the body, causing damage in several different ways. Here are some of the things you breathe in when exposed to secondhand smoke, together with their common uses:

<i>Acetone</i>	<i>Nail polish remover</i>
<i>Aluminum</i>	<i>Metal</i>
<i>Ammonia</i>	<i>Floor & toilet cleaner</i>
<i>Arsenic</i>	<i>Rat poison</i>
<i>Benzene</i>	<i>Industrial solvent</i>
<i>Benzo(a)Pyrene</i>	<i>Diesel exhaust</i>
<i>Butane</i>	<i>Cigarette light fluid</i>
<i>Cadmium</i>	<i>Rechargeable batteries</i>
<i>Copper</i>	<i>Electric wiring</i>
<i>Carbon Monoxide</i>	<i>Auto exhaust</i>
<i>DDT</i>	<i>Insecticide</i>
<i>Formaldehyde</i>	<i>Preservative for dead bodies, wood & fabric</i>
<i>Hexamine</i>	<i>Barbecue lighter</i>
<i>Hydrogen Cyanide</i>	<i>Gas chamber poison</i>
<i>Lead</i>	<i>Fishing sinkers</i>
<i>Magnesium</i>	<i>Flares</i>
<i>Methanol</i>	<i>Rocket & auto fuel</i>
<i>Naphthalene</i>	<i>Moth balls</i>
<i>Nicotine</i>	<i>Addictive drug in tobacco</i>
<i>Nitrobenzene</i>	<i>Gasoline additive</i>
<i>Nitrous Oxide Phenols</i>	<i>Disinfectant</i>
<i>Polonium 210</i>	<i>Radioactive compound</i>
<i>Silicon</i>	<i>Computer chips</i>
<i>Silver</i>	<i>Jewelry</i>
<i>Satiric acid</i>	<i>Candle wax</i>
<i>Titanium</i>	<i>Airplanes & missiles</i>
<i>Toluene</i>	<i>Industrial solvent</i>
<i>Vinyl Chloride</i>	<i>Raw material for plastics</i>
<i>Zinc</i>	<i>Metal in pennies</i>

HEALTH RISKS TO SPECIFIED GROUPS

While some threats are common across groups, different populations are at risk for different consequences when exposed to secondhand smoke as well. Here are some of the outcomes common to these groups following secondhand smoke exposure:

FETUSES & NEWBORNS

- Premature birth
- Stillbirth
- Sudden infant Death Syndrome (SIDS)
- Low birth weight
- Mental retardation

CHILDREN & TEENS

- Bronchitis
- Pneumonia
- Wheezing & coughing spells
- Middle ear infection
- Asthma induction & exacerbation
- Chronic respiratory symptoms
- Hyperactivity
- Impaired school performance

ADULT NON-SMOKERS

- Lung cancer (100 times greater risk than from exposure to outdoor cancer-causing pollutants alone)
- Eye, nose & throat irritation
- Headaches
- Dizziness
- Nausea