THE FACTS ABOUT SECONDHAND SMOKE*

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Health Effects of Secondhand Smoke Exposure on Nonsmoking Adults

- The California Environmental Protection Agency estimates that secondhand smoke exposure causes approximately 3,400 lung cancer deaths and 22,700-69,600 heart disease deaths annually
- Increases the risk of heart disease by 25-30% and lung cancer by 20-30%
  - Causes ~3,000 lung cancer deaths each year
- Interferes with normal functioning of the heart (reduces heart rate variability), blood (increases platelet stickiness and decreases flow velocity) and vascular system (damages blood vessel lining), resulting in increased risk of heart attack.
- Increases LDL (bad cholesterol)

Health Effects of Secondhand Smoke Exposure on Children

- Causes respiratory symptoms (cough, phlegm, wheezes, breathlessness) in children and slows lung growth
- Causes acute respiratory infections, ear problems and more frequent and severe asthma attacks
- Increases risk of Sudden Infant Death Syndrome (SIDS)
- Almost 60% of US children aged 3-11 years (~22 million children) are exposed to secondhand smoke
- Responsible for 150,000-300,000 new cases of bronchitis and pneumonia in children less than 18 months each year
  - This results in 7,500-15,000 hospitalizations annually

Health Effects of Secondhand Smoke Exposure on Pets

- Cause similar respiratory and cardiac symptoms as in humans who smoke
- 60% greater risk of lung cancer and increases the risk of nasal sinus cancer in dogs
- Increases the risk of oral cancer and more than doubles the risk of malignant lymphoma in cats

*Information taken from www.CDC.gov