

NUNAVUT TOBACCO AND CANNABIS PROGRAM

FACT SHEET WHAT IS SECOND-HAND SMOKE?



Second-hand smoke is...

- Filled with poisons that spread through the air and hurt everyone—smokers and non-smokers.
- The smoke you breathe in from anyone who is smoking around you.

Health effects

Second-hand smoke causes health problems.

LUNG CANCER AND OTHER CANCERS



HEART DISEASE AND STROKE



RESPIRATORY DISEASE



WARNING



EVERYONE SHOULD AVOID SECOND-HAND SMOKE.



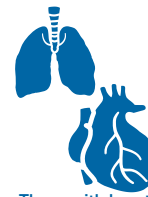
Children



Pregnant women



Elders



Those with heart
and lung problems

Effects on children

Second-hand smoke hurts children more than adults. Children have smaller lungs and breathe faster. Children who breathe second-hand smoke are more likely to suffer from:

- coughing and wheezing
- lung infections — pneumonia, bronchitis
- bad asthma attacks
- painful ear infections
- sudden infant death syndrome (SIDS)



If a pregnant woman breathes second-hand smoke, her baby may be born with low birth weight, weaker lungs, or too early.



**Nunavut
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References

For a list of references, email tobacco@gov.nu.ca

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Cancer

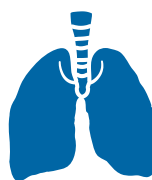


Smoking increases the risk of cancer in many body parts:

- | | |
|------------|-----------|
| + throat | + stomach |
| + mouth | + cervix |
| + kidney | + colon |
| + bladder | + rectum |
| + liver | + bones |
| + pancreas | |

Smokers are 25 times more likely to get lung cancer than people who never smoked.

Lung disease



Smoking causes lung diseases like COPD (chronic obstructive pulmonary disease).

Smoking makes asthma worse.

Smoking increases the risk of pneumonia and other lung infections.

Heart and stroke disease



Smoking causes blood vessels to become narrow and clogged. When the blood flow is blocked, it can lead to a heart attack or a stroke.

Smokers are two to four times more likely to have a heart attack or stroke than non-smokers.

Pregnancy and early childhood



Smoking can reduce fertility in men and women.

Pregnant women who smoke are more likely to have a miscarriage or stillbirth, a baby born with low birth weight, or other problems.

Smoking has worse effects on children because they are still growing.

Other health risks

Smoking harms the immune system. The body cannot fight disease so well.

Smoking causes type 2 diabetes and makes it harder to control. Smokers are 30 to 40 per cent more likely to get diabetes than non-smokers.



References

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