

TOBACCO & ORAL HEALTH

# Secondhand & Thirdhand Smoke

## What is secondhand smoke?

Secondhand smoke is a combination of the smoke exhaled by smokers and the smoke given off by the end of a cigarette, pipe, hookah or cigar. Nonsmokers inhale this smoke involuntarily. Secondhand smoke lingers in the air for hours.

## How does secondhand smoke affect those who don't smoke?

Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic & about 70 can cause cancer. Nonsmokers exposed to secondhand smoke inhale many of the same toxins as smokers.

Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing heart disease by 25-30% and lung cancer by 20-30%



**ABOUT 400 NON-SMOKERS IN KANSAS DIE EACH YEAR FROM HEART OR LUNG DISEASE CAUSED BY SECONDHAND SMOKE**

## Is there a "safe" level of exposure to secondhand smoke?

No. Even brief exposure to secondhand smoke increases risk for heart disease and lung cancer. Short exposures can damage the lining of blood vessels, decrease coronary flow velocity reserves, and reduce heart rate variability, potentially increasing the risk of a heart attack.

## What is the danger of thirdhand smoke?

Thirdhand smoke is the chemical residue that persists after secondhand smoke has disappeared from the air. It is not strictly smoke, but a mixture of toxic chemicals that stick to surfaces, become embedded in materials, such as carpets, walls, furniture, blankets, and toys, and can later be re-emitted back into the air and accumulate in house dust.

Thirdhand smoke can linger indoors for years. People can be exposed to thirdhand smoke by touching contaminated surfaces (absorption through the skin), by eating contaminated objects or dust, and by breathing contaminated air and re-suspended thirdhand smoke components. There is no safe level of exposure to tobacco smoke.

**IF YOU CAN SMELL TOBACCO SMOKE - EVEN IF YOU CANNOT SEE IT - YOU ARE BREATHING IN TOXINS.**



## **NEED HELP QUITTING?**

Try the Kansas Tobacco Quitline - FREE!  
Get no-cost access to trained tobacco cessation counselors 24  
hours/day, 365 days/year.

**1-800-QUIT-NOW**

